

BACK SAFETY

LESSON 1 ~ INTRODUCTION

After completing this lesson, you should be able to:

- Discuss the prevalence and cost of back pain and injury in the United States.
- Compare the risk of back injury among healthcare workers to that of other occupations.
- Identify healthcare workers at highest risk of back injury.
- Recall the three primary risk factors for back injury associated with physical tasks.
- List strategies for preventing back injury.

LESSON 2 ~ SPINAL ANATOMY AND PHYSIOLOGY

After completing this lesson, you should be able to recall the basic functions and structure of the spine.

LESSON 3 ~ SAFE OPERATION OF THE SPINE

After completing this lesson, you should be able to:

- Recall strategies for protecting the back while standing, sitting, and sleeping.
- List the steps involved in lifting an object from the floor, using proper body mechanics.
- Discuss how resident handling differs from lifting a box or other inanimate object.
- Explain the importance of using motorized lifts and assistive transfer devices when moving residents.

LESSON 4 ~ PREVENTIVE MAINTENANCE & CORRECTIVE ACTION

After completing this lesson, you should be able to:

- Describe proper posture.
- Recall visualization techniques for helping to improve posture.
- Discuss the role of the stomach muscles in maintaining proper posture.
- Identify the components of an exercise program for back health.
- List symptoms of back injury.
- Discuss the importance of responding promptly and appropriately to symptoms of back injury.