

Back Safety and Injury Prevention Overview

“Low back pain is the #2 reason that Americans see their doctor—second only to colds and flus.” U.S. National Library of Medicine

Common Factors That May Increase Your Risk of Back Injury

The Natural Aging Process

As we age, the discs between the vertebrae in our backs wear away and shrink. The bones eventually start to rub against each other, which causes pain and stiffness. In addition, the space around our spinal cord narrows over time, putting pressure on the cord and spinal nerves, and causing pain.

Forceful Exertion

Forceful exertion involves the amount of physical effort expended to overcome the weight, resistance, or inertia of the body or a work object. Activities that require forceful exertion include carrying a heavy box from a delivery truck to a storage room or operating a handcart full of heavy materials.

Awkward Postures

An awkward posture is a body position that involves bending, twisting, or reaching. Working in an awkward posture compresses tendons, nerves, and blood vessels, and increases the force a worker must apply to complete a task. Activities that involve awkward postures include reaching up to run wiring to an overhead light fixture or kneeling and bending to install carpet.

Source: <https://vividlearningsystems.com/courses/5-minute/back-safety-overview>

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Back Safety and Injury Prevention Overview

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Hearing Conservation

Hearing Conservation

The Bureau of Labor Statistics has reported nearly 125,000 cases of permanent hearing loss in workers since 2004. Unfortunately there is no fix for permanent hearing loss caused by loud noises. **Neither surgery nor a hearing aid can restore proper ear functioning.**

In addition to hearing loss, exposure to high levels of noise can result in physical and psychological stress, reduced productivity, poor communication, and accidents and injuries caused by a worker's inability to hear warning signals.

What should you look out for?

Common indications of hazardous noise levels:

Ringing or buzzing in your ears

Having to shout to be heard by someone an arm's length away

Experiencing temporary hearing loss after leaving a noisy location

The extent of inner ear damage and the severity of hearing loss depend on the amount of noise to which you are exposed and the duration of exposure time. The length of your exposure to noise is as critical as the loudness. Continuous noise throughout a shift is more damaging than a few minutes at a time. However, in addition to developing gradually over months and years of exposure to less intense noises, hearing loss can occur from a single intense noise such as an explosion.

Source: <https://vividlearningsystems.com/courses/osha/hearing-conservation>