

# KSU Facilities Safety Bulletin

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## 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.

## May Vivid Course

All:

Back Safety & Injury Prevention Overview

Login with your KSU eid and Password:

<https://otis.osmanager4.com/KSU>

### Vibration

Vibration is the quivering or trembling that comes from power tools and heavy equipment. Vibration restricts the blood supply to the affected body parts, which, depending on the vibration level and duration of exposure, can contribute to an ergonomic injury. Activities that expose workers to vibration include drilling a hole in a wall or sitting for a long time operating a forklift.

### Repetitive Motion

Some tasks involve repeating the same actions with little variation. Highly repetitive tasks often involve the use of only a few muscles or body parts while the rest of the body is unaffected. When motions are repeated frequently, there may be inadequate time for muscles and tendons to recover, causing them to become strained and fatigued. Activities that require repetitive motion include moving items from a low box to a high shelf or loading cans onto a production line.

Source: [hsi.com](https://www.hsi.com)