

# Back Injury Prevention

The goal is to keep healthcare workers safe by promoting safety awareness. Every day back injuries result in life-altering consequences and end careers. Aside from the common cold, the top reason an individual seeks medical attention is for their back.

In healthcare, safety awareness by managers and staff can prevent most back injuries. So, when possible:



## Recognize your risks.

- In patient care:
  - Lifting, transferring, repositioning, and ambulating patients
  - Moving beds, equipment, and transport devices
  - Rendering care in awkward positions
- In housekeeping:
  - Bending to sweep, mop, and clean floors
- In laundry:
  - Reaching into laundry bins
- In food services:
  - Lifting bulky food

## Minimize your risks.

- Reduce the frequency of strenuous tasks
- Reduce the duration of strenuous tasks
- Reduce the amount of weight lifted and moved
- Reduce the force used to push and pull patients and objects

## Use prevention strategies.

- Follow established procedures that make lifting and other tasks easier and safer.
- Use equipment to make lifting and other tasks easier and safer.
- If you have a lift team, call them.