

## WEEKLY SAFETY TIP – 2/15/10 – A QUIZ: WHO’S GOT YOUR BACK?

If you have ever had to lose work time due to a back injury, you know how painful it is. A back injury can be even more painful for your employer or your insurance company as they manage your health care and your position during your recovery. Because of that, it is important you and your employer to prevent back injuries before they happen.

How much do you know about preventing back injuries? Remember, the more you know about your back, and how to take good care of it, the better prepared you are to avoid injuries. Take this quiz. See how much you really know.

1. 4 out of 5 people experience some sort of back pain in their lifetime. True or False?
2. What is the purpose of the back?
  - a. Support the upper body
  - b. Protect your spinal cord
  - c. Allow flexibility
  - d. All of the above
3. Factors such as excessive body weight, lack of exercise and stress can increase your potential for back problems. True or False?
4. The first thing you should do before you lift something is to:
  - a. Bend your knees
  - b. Keep your back straight
  - c. Plan your lift and test the load
5. Pushing a heavy item is better for your back than to pull it. True or False?
6. Part of proper technique for lifting is to:
  - a. Bend your knees
  - b. Tighten your stomach muscles
  - c. Lift with your legs
  - d. Keep the load close to your body
  - e. All of the above
7. Some back problems can be prevented by proper stretching and warming up before lifting. True or False?

Okay, this was an easy quiz. The answer to Number 4 is “c. Plan your lift and test the load”. All the other answers were either True, or All of the Above.

For more information on back injury prevention, we recommend this link to the American Academy of Family Physicians on Back Safety:

[http://familydoctor.org/online/famdocen/home/healthy/safety/safety/174.printerview.h  
tml](http://familydoctor.org/online/famdocen/home/healthy/safety/safety/174.printerview.html)