



HEALTHY@HARRIS
Caring for ourselves so we can care for others

HARRISHEALTH
SYSTEM

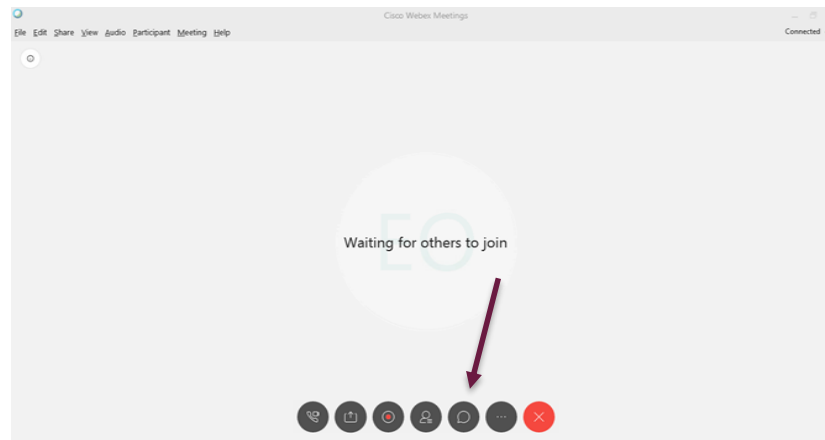
Ergonomics 101 – Back Injury Prevention

Taught by the Harris Health System Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Class per day. You will not receive credit for Wellness Classes you have already completed. Please allow up to 4 weeks for your points to be reflected on myCigna.com.



Ergonomics 101

Class 1 – Posture

Class 2 – Workstation Basics

Class 3 – Vision & Tech Neck

Class 4 – Preventing Repetitive Stress Injuries

Class 5 – **Back Injury Prevention**

Class 6 – Postural Assessment and Correction

Learning Objectives

- Leading causes of back injuries
- Review of the spine
- RSI's in Healthcare Workers
- Proper lifting, squatting & kneeling
- Push, Pull or Carry?
- Stretching & strengthening
- Prevention Techniques



Head's up! Poll #1!

Leading causes of back injuries

- Poor posture
- Physical condition
- Improper body mechanics
- Incorrect lifting
- Jobs that require high movement/energy

Review of the spine

The spine's basic functions include:

- providing support
- protecting the spinal cord
- Providing flexibility to allow bending and rotation

Maintain the curve!

Cervical, Thoracic and Lumbar

The back is composed of vertebrae, discs, nerves and muscles.



RSI's for Healthcare workers

- Sprains, strains & tears
- Slipped discs
- Shoulders and back are the most affected areas
- Knee, ankle, foot pain

RSI risks for Healthcare workers

- Overreaching, rather than moving
- Prolonged standing and walking
- Standing and twisting with or without a load
- Awkward neck positions (lab work)
- Squatting or bending over



Proper Lifting Technique



Proper lifting technique

- **Start in a safe position**
- **Maintain the natural curve in your lower back**
- **Use your legs!**
- **Squat instead of kneel**
- **Avoid twisting**

DO

- Plant your feet firmly - get a stable base.
- Bend at your knees - not your waist.
- Tighten your abdominal muscles to support your spine.
- Get a good grip - use both hands.
- Keep the load close to your body.
- Use your leg muscles as you lift.
- Keep your back upright, keep it in its natural posture.
- Lift steadily and smoothly without jerking.
- Breathe - If you must hold your breath to lift it, it is too heavy - GET HELP.

DON'T

- Lift from the floor.
- Twist and lift.
- Lift with one hand (unbalanced)
- Lift loads across obstacles.
- Lift while reaching or stretching.
- Lift from an uncomfortable posture.
- Don't fight to recover a dropped object.
- Don't hold your breath while lifting.

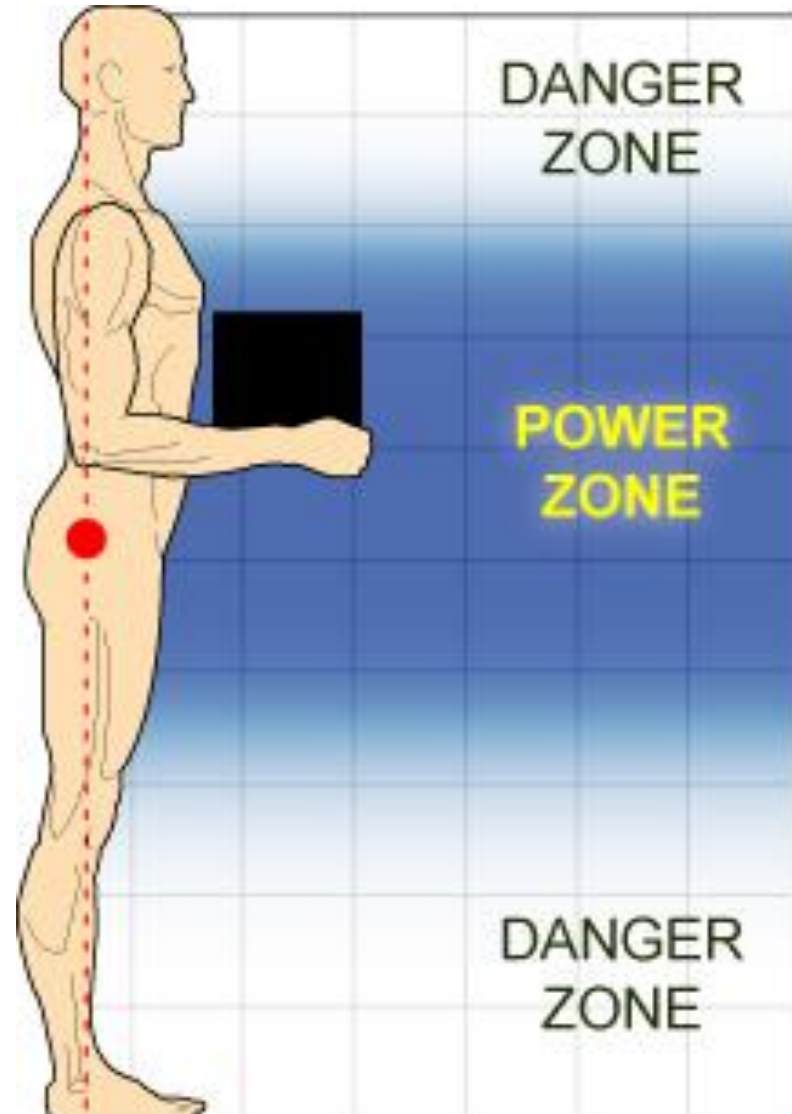
Proper kneeling



If you are unable to lift properly...

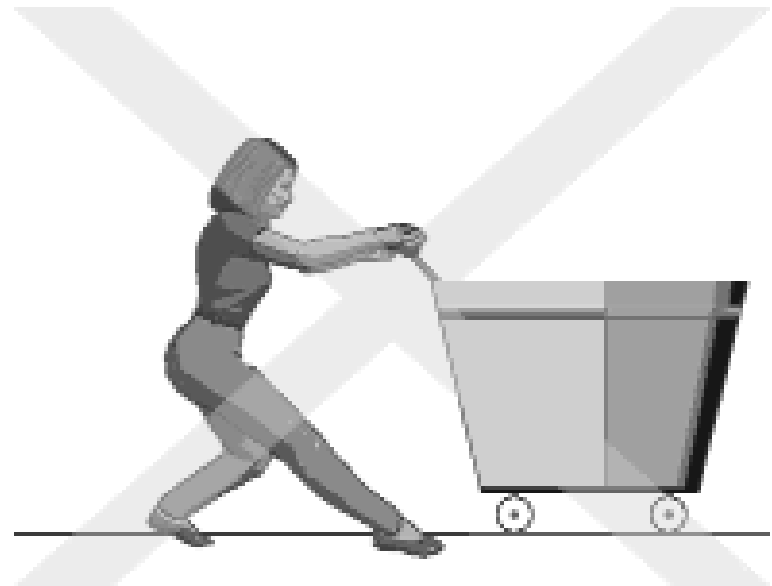
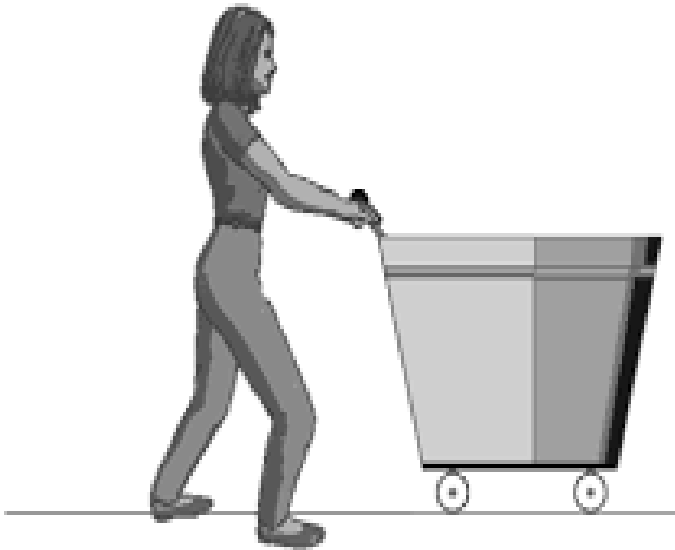
- **Ask for help!**
- Lighten the load and make more than one trip
- Use a sturdy desk to help you get up
- Perform a partner lift or push the object instead

Highway to the...



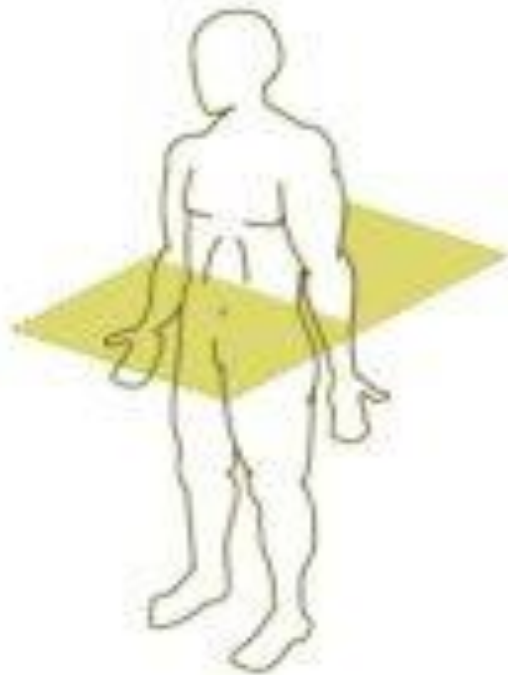
Head's up! Poll #2!

Push, pull or carry?



Stretching & strengthening the back

THREE PLANES OF MOTION



Transverse



Frontal



Sagittal

Tips for reducing your risk

1. **Ask for help!**
2. Be mindful of posture & stress
3. Stay active
4. Maintain a healthy weight & a healthy back
5. Pick comfortable & supportive shoes
6. Utilize proper lifting technique
7. Gently stretch throughout the day
8. Take brief walks every hour

Summary



Write Your Ritual

Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

Writing a Ritual

Your Ultimate Mission



Write Your Ritual!

Examples:

- I will add 2 new back strengthening exercises to my routine.
- Every 30 minutes I will stand and stretch for 5 minutes.
- Before lifting a patient, box or other heavy object I will remind myself of proper lifting technique.

Ergonomic Evaluation Requests

Requirements:

1. Complete all 6 classes of Ergonomics 101
2. Complete the Virtual Workstation Evaluation Request Form

Virtual Workstation Evaluation contact:
employeeewellness@harrishealth.org

Non-office/Industrial Evaluation contact:
suzanne.young@harrishealth.org

Resources

Ergonomic Resources

[OSHA eTools for Posture](#)

[OSHA Workstation Checklist](#)

[OSHA - Computer Workstations](#)

[Driving Ergonomics](#)

[OSHA - Controlling Ergonomic Hazards](#)

[Postural Correction](#)

www.common sense media.org

[Back Safety for Healthcare](#)

[Virtual Workstation Evaluation Request Form](#)

Stress Management Resources

- Employee Assistance Program
Online: www.feieap.com,
 - 800.638.3327
 - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching:
855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

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[Visit our internet site!](#)