



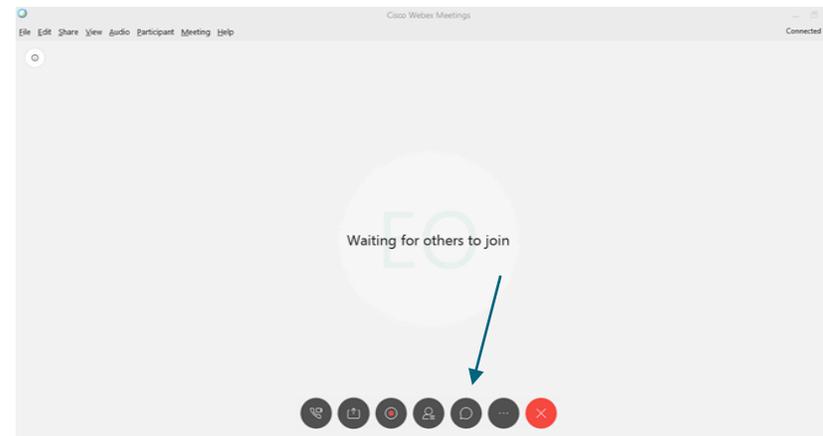
# Ergonomics 101 – Back Injury Prevention

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

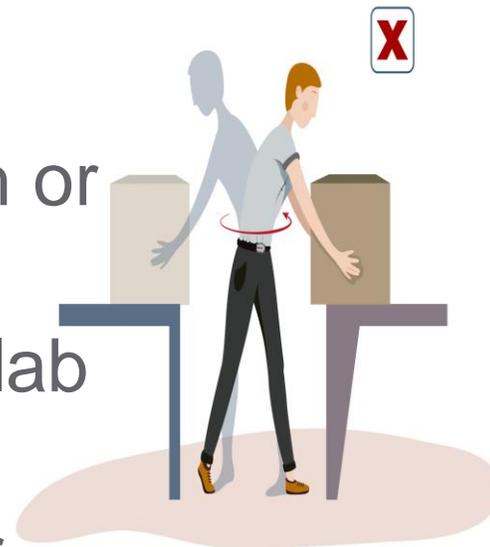


# RSI's for Healthcare workers

- 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...

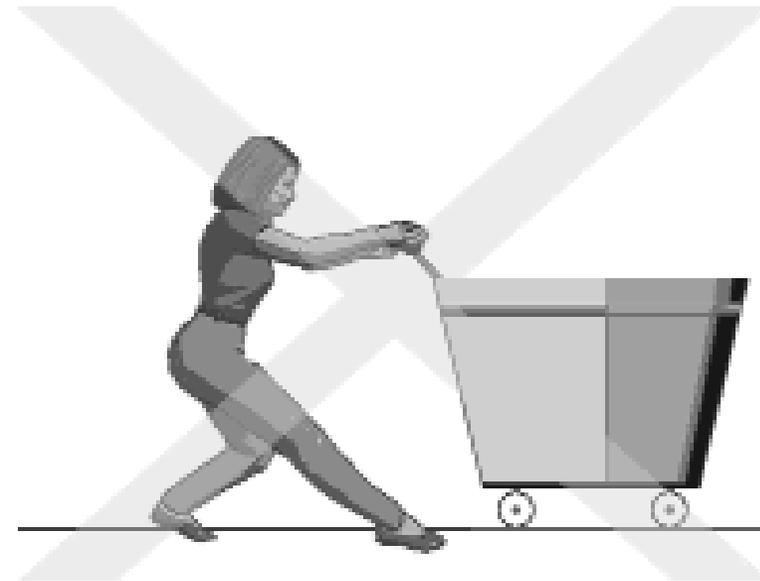
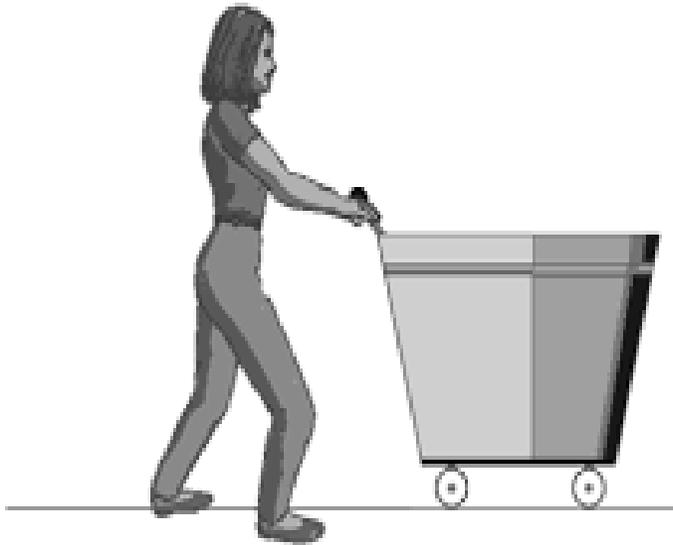
- **Ask for help!**
- Lighten the load and make more than one trip
- Use a sturdy desk to help you get up
- Perform a partner lift or push the object instead

# Highway to the...



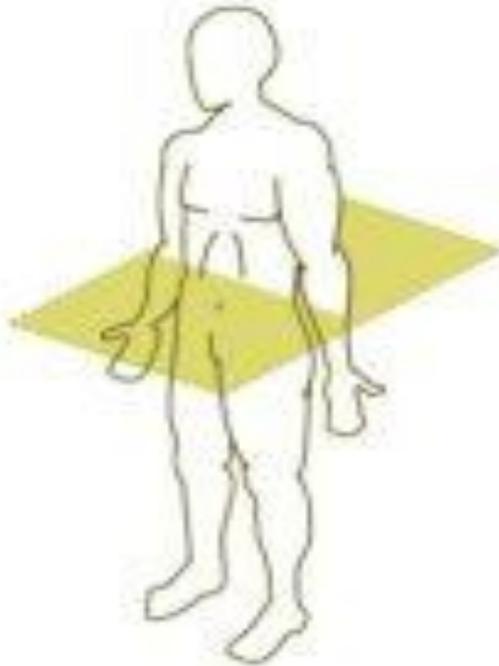
# Head's up! Poll #2!

# Push, pull or carry?

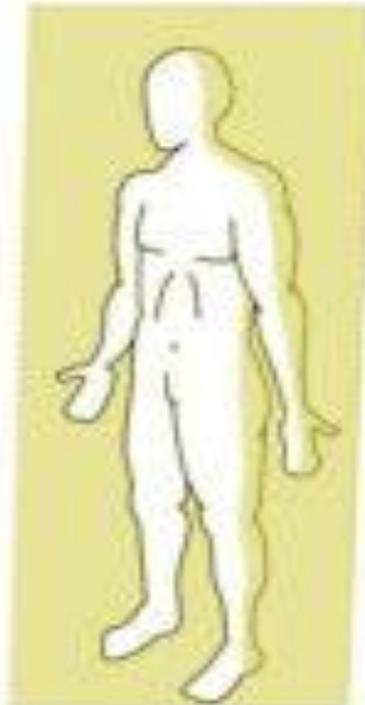


# Stretching & strengthening the back

## 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



# 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:  
[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

Non-office/Industrial Evaluation contact:  
[suzanne.young@harrishealth.org](mailto: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](http://www.common sense media.org)
- [Back Safety for Healthcare](#)
- [Virtual Workstation Evaluation Request Form](#)

## Stress Management Resources

Employee Assistance Program

- Online: [www.feieap.com](http://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](mailto:Latecia.Murphy@harrishealth.org)

Contact Us!

**HEALTHY@HARRIS**

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