



Back Injury Prevention

Claims Administrative Services, Inc.

Our reputation for excellence is no accident.

The most common cause of back pain is an injury to the back. Some injuries that can trigger back pain include tripping, falling a short distance, improper lifting, or excessive twisting of the spine.

Factors that increase back pain risk:

- Advancing age
- Being Male
- Family history of back pain
- Pregnancy and childbearing
- Spine problems since birth
- Degenerative diseases of the spine



Factors that decrease back pain risk:

- Exercising regularly (check with your health care provider and find out what type of exercise is right for you).
- Avoiding long periods of sitting, lifting or pulling heavy objects, frequent bending or twisting, heavy physical exertion, repetitive motions, and exposure to constant vibrating, such as driving.
- Stopping smoking. A smoker's risk of low back pain is 1.5 to 2.5 times greater than that of a non-smoker's. Nicotine may impair the availability of nutrients to the discs, making them more susceptible to injury.
- Losing weight. Obesity (weighing more than 20% of your ideal body weight) increases the risk for back pain.
- Practicing good posture. With proper posture you have more energy, because the heart, lungs, the digestive system, the nervous system and all the major organs and systems function efficiently and effectively.
- Stopping chronic coughing. Consult with your medical doctor for diagnosis and treatment.
- Practice safe lifting techniques and listen to your body. Don't try to do more than you can handle.

Scientific data shows that the factors listed above that decrease back pain, can reduce stresses on the lower back and prevent many workplace back injuries.

Remember to practice safety don't learn it by accident!