

# Watch your back

## Back Health in the Workplace

### Back Facts:

**80%** of Albertans will experience back related conditions in their lifetime.

**65%** of Albertans experience back or neck pain in any given year.

Back pain has been identified as the most common cause of activity limitation in adults under 45 years of age, and is second only to arthritis in those 45 - 65 years of age.

Musculoskeletal conditions cost Canada \$16.4 billion in direct treatment costs and lost productivity each year.



### Assess your risk for back injury in the workplace.

- The heavier the load, the greater risk to the back.
- If a twisting movement is involved in lifting a heavy load, abnormal stress will be placed on the back.
- Jobs with a vibration element, like driving a truck or other heavy vehicles, seem to predispose individuals to back problems.
- Conversely, jobs that do not have a lot of movement in them, like driving a car or sitting at a work station for prolonged periods, have the same predisposition for back problems.
- Jobs that require abnormal postures and/or repetitive loading carry a risk factor.
- Situations where a weight shifts suddenly while being lifted can also create problems (an ambulance attendant's work, for example).

See other side for a quiz on your back safety.

# What's Your Risk for Back Pain in Your Workplace?

1. Do you stand for long hours on your feet?

Yes      Sometimes      No

2. Does your job require frequent bending or lifting?

Yes      Sometimes      No

3. Is your computer set-up and your office chair in proper alignment?

Yes      Sometimes      No

4. Do you make time for frequent stretch breaks at work?

Yes      Sometimes      No

5. Do you have a supportive chair for deskwork?

Yes      Sometimes      No

*\*If any of the questions above do not apply to you, score 0 for that question.*

## Points

1. Yes = 2      Sometimes = 1      No = 0

2. Yes = 2      Sometimes = 1      No = 0

3. Yes = 0      Sometimes = 1      No = 2

4. Yes = 0      Sometimes = 1      No = 2

5. Yes = 0      Sometimes = 1      No = 2

**Add up your score using the chart below. If you scored:**

- 0-3      Congratulations! You're giving your back a helping hand.
- 4-6      Not bad but you may want to take a look at your back health habits.
- 7-10      Ouch! You may already be experiencing back pain which limits your work performance and overall lifestyle.

*Note: This is not a clinical diagnostic tool. Consult a Chiropractor for a comprehensive assessment, diagnosis and treatment advice.*

For more information on  
"Back Health in the Workplace"  
or to find a Chiropractor  
near you, visit:

[www.albertachiro.com](http://www.albertachiro.com)

