

EMPLOYEE TRAINING RECORD

TRAINING TITLE **Back Injury**

KEY TEACHING POINTS

- Back pain is a common condition among working adults. Some people get back pain off and on. The time between episodes of pain could be several days or months. There are also people who experience a dull ache in their back all the time.

CAUSES

- Poor workplace design
- Poor body posture
- Lifting and handling heavy loads
- Forceful exertion, bending, twisting, etc.
- Working in a stooped position
- Prolonged sitting in a fixed position
- Psychological stress
- Inadequate rest periods (repetitive work)
- Poor fitness level.

SYMPTOMS

- Feeling of "tight band" across the lower back
- Pain while working in bent position
- Pain and stiffness when getting up in the morning or when sitting or standing for long periods
- Difficulty in straightening the back when standing
- Sudden intense pain causing difficulty in moving from one place to another
- Back pain spreading to the thighs and lower leg with tingling and numbness in the foot and toes

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1. Back pain has many causes.		
2. Back pain can be caused by psychological stress.		
3. Exercise has no relationship to back pain.		
4. Take plenty of short breaks to prevent back pain.		
5. Body posture has nothing to do with back pain.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE