

## Low Back Disorders

1. For the following questions, check the rating that best describes your feelings before and after this presentation.

	Before the Presentation			After the Presentation		
	Didn't Know	Knew the Basics	Knew Well	Don't Know	Know the Basics	Know Well
Low Back Disorders can result from common workplace practices.						
Low Back Disorders can be prevented by modifying the way you sit.						
Low Back Disorders can be prevented by modifying the way you stand.						
Low Back Disorders can be prevented by modifying the way you sleep.						
Low Back Disorders can be prevented by exercising.						
Low Back Disorders can be prevented by following ergonomic workplace principles.						
Low Back Disorders can be prevented by switching tasks often.						

2. Was the information in this presentation useful?
3. Do you plan to apply the principles from this presentation in your own life or the life of someone you know? If yes, which ones?

Age \_\_\_\_\_ Male Female County \_\_\_\_\_

Race/Ethnicity: \_\_\_\_\_ African American  
 \_\_\_\_\_ American Indian/Alaska Native  
 \_\_\_\_\_ Asian  
 \_\_\_\_\_ Hawaiian/Pacific Islander  
 \_\_\_\_\_ White  
 \_\_\_\_\_ 2 or more mixed races