

Low Back Injury Prevention Lesson Guide

Low back disorders (LBD) are common within the agricultural field and can be the result of heavy physical work, lifting and forceful movements, bending and twisting, whole-body vibrations, and static work postures. Other factors that can increase a person's risk for developing LBD are limited range of motion (ROM), muscular endurance, age, gender, and waist circumference.

This lesson has 2 parts and covers stabilizing approaches such as modified work practices and exercises targeting the trunk and core to help reduce the risk of developing LBD. Part one – stabilizing approaches – can be done as either a 30 or 60 minute presentation depending on how much participant interactivity you have. Part two – exercises – is part of the Fit in 10 series. These exercises can be done as an interactive 60 minute workshop or incorporated into any regular exercise routine.

Lesson Materials

- Power Point
- FSFCS23: Low Back Disorders: Injury Prevention and Risk Reduction
- MP509: Exercises for Low Back Injury Prevention Poster
- FSFCS38: Increasing Physical Activity as We Age: Exercises for Low Back Injury Prevention

Equipment and Supplies

- Laptop computer and projector
- Screen and extension cord
- Podium and microphone, if needed
- Exercise Poster – for exercise session
- Small inflatable ball, cylinder pillow, or rolled up towel – for exercise session
- Mat or towel to lay on – for exercise session

Learner Outcomes

- Participants will be able to recognize risk that can cause LBD.
- Participants will be able to demonstrate proper sitting, standing, and sleeping posture to reduce the risk of developing LBD.
- Participants will understand and be able to put into practice worksite modifications to reduce the risk of developing LBD.
- Participants will demonstrate exercises to reduce the risk of developing LBD.

Preparation for the Session

- Review all lesson materials, including the fact sheets, exercise poster, and power point.
- Prepare all of the supplies you will need to conduct the activities.
- Secure a laptop computer, projector, and screen.
- Check the room for appropriate lighting, temperature, and seating arrangements. This is an interactive lesson so allow room for your participants to move around.

Instructions

Throughout the presentation you will explain some of the common causes of LBD and demonstrate stabilizing approaches to help prevent LBD. When doing the demonstration, allow the participants to do them with you. For example, explain how improper posture when sitting can cause LBD, demonstrate the improper posture, demonstrate the proper posture, and then have participants do both postures with you. Having participants demonstrate both the improper and the proper will help them distinguish between the two. Do this with all stabilizing approaches. If time allows, demonstrate and include your participants in more than one of the exercises from each area of stability, strengthening, and stretching. This is a good re-able to getting them involved in doing all of the exercises regularly.