

BACK FACTS

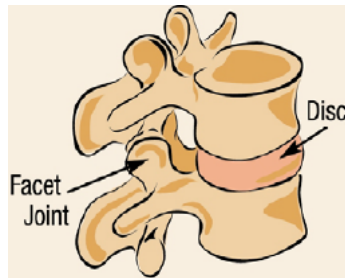
A Guide to Causes and Symptoms of Back Injury



SAFE WORK

S SPOT THE HAZARD
A ASSESS THE RISK
F FIND A SAFER WAY
E EVERYDAY

This guide has been prepared to help you understand causes and symptoms of back injuries and to provide tips on how you can avoid injuries.



You and Your Spine

Your spine's job is to:

- Support your upper body and head
- Increase the flexibility of your body
- Protect your spinal cord

Your spine consists of:

- Vertebrae
- Facet joints
- Discs
- Spinal nerves
- Ligaments
- Muscles



Causes of Back Injury

Back injury can happen suddenly or result from repeated strain.

Back injuries are often caused by:

- Slips and falls
- Incorrect lifting technique
- Heavy loads
- Poor posture
- Physical and mental stress
- Lack of exercise
- Lack of rest
- Other medical conditions or previous injuries



Symptoms of Back Injury

Symptoms vary depending on the injury and the person:

Common symptoms include:

- Numbness, tingling, or burning into the legs
- Limited ability to sit or stand
- Pain, tightness, or stiffness
- Decreased range of motion
- Spasms