

**ALLONE HEALTH AND MIIA PRESENT:
BACK SAFETY SEMINAR WITH MUSCULAR STRAINS
AND SPRAINS PREVENTION**

TOWN OF DUXBURY

WEDNESDAY, NOVEMBER 30, 2011

9-10:15 AM; Mandatory for DPW/Highway/Cemetery/L & NR/Transfer Station/Water/Town Custodian staff in Town Hall's Mural Room, 878 Tremont Street, Duxbury, MA 02332
Contact: Jeannie Horne at 781/934-1100 x143

10:30-11:45 AM; Mandatory for DPW/Highway/Cemetery/L&NR/Transfer Station/Water/Town Custodian staff in Town Hall's Mural Room, 878 Tremont Street, Duxbury, MA 02332
Contact: Jeannie Horne at 781/934-1100 x143

1-2:15 PM; Voluntary for all other employees, in Town Hall's Mural Room, 878 Tremont Street, Duxbury, MA 02332
Contact: Jeannie Horne at 781/934-1100 x143
Note: Attendance at this voluntary training requires advance approval from the Department Head to ensure adequate coverage of the work area. If the employee's attendance is approved, the time in the training will be paid.

3-4:15 PM; Mandatory for School custodian staff, Duxbury High School Student Lounge, 130 St. George Street, Duxbury, MA 02332
Contact: Don Burgess at 617/694-4929



Many accidents are caused by unsafe practices.

BACK INJURY PREVENTION OUTLINE



The purpose of the training is to:

Prevent an initial accident or costly back injury from occurring through employee education on the proper function and physical limitations of the back. Also the session will motivate those individuals with a history of back pain to use helpful postures, lifting techniques, body mechanics and pre-work stretching exercises that decrease the likely hood of injury.

PROGRAM OUTLINE

The one-hour program is comprised of three sections:

1. **LECTURE PRESENTATION: (20 minutes)**

The first part is a dynamic seminar style presentation on key topics regarding types of back injuries, causes of back injuries and the anatomy and physiology of the working spine. Also proper posture and office mechanics is reviewed, as is safe lifting techniques and the advantages of a pre-work stretching program. In addition, the seminar includes discussion on the following as they relate to back care.

- **Putting your back to rest with a good sleeping posture**
- **Stretching and strengthening exercises to prevent back injuries.**
- **Easy tips for safe body mechanics at work and home**
- **Learning to lift and move heavy or awkward loads**
- **Knowing when to get assistance or mechanical help to move something**
- **Perfecting your mechanical techniques when using two-wheelers, hand trucks, shovels, push carts and wheel barrows**



2. **CONCEPTS IN LIFTING:** (15 Minutes)

During the second part, the instructor will demonstrate proper material handling techniques with job related material. Please make available on-the-job lifting material for realistic demonstration purposes, as the instructor will give advice on lifting difficult items at work

3. **PRE-WORK STRETCHING EXERCISES :** (15 Minutes)

The third part of the session involves demonstrating and practicing warm-up stretches that can be done at the work site by employees to increase their circulation, flexibility and back strength. These preventative exercises are easy and fun to do. They take just ten minutes and each attendee will be asked to participate in this stretching routine.

