

## How Susceptible Are You to a Back Injury

**Directions:** Back pain and injury can be caused by many factors and can affect anyone regardless of what their job requires them to do. Although labor-intensive jobs (such as those that require frequent lifting), place workers at a higher risk for back injuries, *sedentary* jobs that require sitting or standing – especially for prolonged periods of time – carry some risk as well.

For this exercise, think about all of the tasks that you perform in your job that might contribute to back pain and injury. After considering all of the factors, write down what steps you can take or things you can do to prevent back pain and injury when performing that task.

**Task:** \_\_\_\_\_

**Factors that contribute to back pain and injury:** \_\_\_\_\_  
\_\_\_\_\_

**Steps you can take to prevent back pain and injury:** \_\_\_\_\_  
\_\_\_\_\_

**Task:** \_\_\_\_\_

**Factors that contribute to back pain and injury:** \_\_\_\_\_  
\_\_\_\_\_

**Steps you can take to prevent back pain and injury:** \_\_\_\_\_  
\_\_\_\_\_

**Task:** \_\_\_\_\_

**Factors that contribute to back pain and injury:** \_\_\_\_\_  
\_\_\_\_\_



Steps you can take to prevent back pain and injury: \_\_\_\_\_

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Task: \_\_\_\_\_

Factors that contribute to back pain and injury: \_\_\_\_\_

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Steps you can take to prevent back pain and injury: \_\_\_\_\_

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Task: \_\_\_\_\_

Factors that contribute to back pain and injury: \_\_\_\_\_

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Steps you can take to prevent back pain and injury: \_\_\_\_\_

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