



SAFETY CENTER
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INSIDE SAFETY

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TIPS FOR BACK INJURY PREVENTION

Back injuries are the most frequent, severe type of injury. It is estimated that back pain may affect as much as 50 to 70 percent of the general population in the United States. It's no wonder. Your back is a sophisticated piece of equipment made up of numerous muscles, bones, nerves and supporting tissues. You use this amazing piece of equipment every day, probably in ways you don't even notice.

Just like any piece of equipment, your back requires proper maintenance and care to keep it working. An injured back can affect your ability to move other parts of your body causing pain, time away from work, and often requiring physical therapy or even surgery. Back pain is often the result of incorrect lifting methods and posture. Repetitive lifting, bending, and twisting motions of the torso affect both the degree of severity and frequency of back pain.

Tips for back injury prevention for the employee:

- Approach lifting tasks slowly, using leg and arm muscles to lift, not your back
- While lifting bend your knees, squatting, keep the object close to your body. Use the same technique when putting the object down
- If an object is too big, awkward or heavy to lift, use a lifting device or ask for help

- Use proper equipment (ladders, lifting equipment, etc) to reach or place objects above your head

Tips for back injury prevention for the employer:

- Train employees to utilize lifting techniques that place minimum stress on the lower back
- Make available material handling equipment such as carts, dollies or hand trucks
- Redesign storage spaces so that shelving and load pallets are accessible and positioned between knee and shoulder height
- Encourage physical conditioning or stretching programs to reduce the risk of muscle strain.

Everyone is at risk for experiencing back pain at some point in their life – always be on the lookout for situations that could potentially cause a back injury. Be kind to your back and don't take unnecessary chances.



Sacramento Regional Safety Forum

The Sacramento Regional Safety Forum (SRSF) is designed to assist those who have the responsibility for the health, safety and wellbeing of their workplace and workforce. The Sacramento Regional Safety Forum is a morning meeting that is filled with fellow safety people providing a great opportunity for networking and learning. Participants will be able to take part in an interactive, informative forum with subject experts, workers and employers to hear or share each other's "real-world" experiences.

Come join us. Forum meetings will be held the first Thursday of each month and will include a continental breakfast, speaker presentation, Q & A time and/or topic break-out sessions, door prizes and resource materials.

March's Meeting Topic:

"My Back Hurts But I Didn't Do Anything"

Date: **March 4, 2010**

Time: 7:30 am – 9:30 am

Location: 3909 Bradshaw Rd.,
Sacramento, CA 95827

Cost: \$10/door

Call (800) 825-7262 ext.212 or email annette@safetycenter.org to RSVP.

Sponsorship opportunities are available, call for more information.



Enroll in any Professional Safety Institute (PSI) class and receive \$25 off per class.

Offer ends June 30, 2010 and can not be combined with any other discounts or offers.

- Establishing a Successful Safety Program
- Industrial Hygiene
- Selling Safety
- OSHA Record Keeping
- Conducting Safety Inspections
- Conducting Accident Investigations
- Training Programs & Presentations
- Controlling Risk
- Making Safety Performance Matter
- Solving Safety Problems

Complete all 10 PSI classes and be eligible for a CSMS designation.

Our next CSMS exam dates are:

February 18, 2010 • May 13, 2010

Members *Only*

Welcome New Members!

- Gene Tucker - Praetorian Protective Services
- Syblon Reid
- Ampac Fine Chemicals, LLC
- American Civil Constructors
- Sun Edison-McClellan
- Scott Hafer - Boldt Construction
- Christopher Golden - County of San Bernardino - Public Works

Member of the Month
Brown Construction, Inc.

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Open Enrollment - February, March & April 2010

February 2010		Mem	Non			Mem	Non
16	Slips, Trips and Falls (SoCA)	50	65	19	4-Hour Defensive Driving Course	50	65
17	Ladder Safety	50	65	23	Safety for Field Personnel	130	155
18	CSMS Examination	395	445	24	1-Day Disaster Preparedness	150	175
19	4-Hour Defensive Driving Course	50	65	25	Cal OSHA 8 Commercial Construction (SoCA)	100	150
18	Competent Person Excavation (SoCA)	130	155	25	Competent Person Excavation	130	155
22-23	Fed OSHA 10 for Construction	175	185	26	Competent Person Fall Protection	130	155
22-25	4-Day Premium Forklift Trainer Certification	1,200	1,250	26	Cal OSHA 8 Framing Recertification (SoCA)	75	95
23-25	Training Programs and Presentations (SoCA)	690	825	29-31	Cal OSHA 8 Commercial Construction TTT	695	765
25	Conflict Resolution	75	95	30-31	Fed OSHA 10 for General Industry (SoCA)	175	185
25	Scaffold Awareness 4-Hour	75	95	April 2010			
26	Competent Person Excavation	130	155			Mem	Non
26	IVES Trainer Recertification	230	250	1	First Aid/CPR (SoCA)	55	70
26	Competent Person Fall Protection (SoCA)	130	155	6	First Aid/CPR	55	70
March 2010				7	Wilderness First Aid	75	90
		Mem	Non	8	Temporary Traffic Control & Flagging	75	95
1-5	Loader Group Trainer	1,450	1,500	8	1-Day Disaster Preparedness (SoCA)	150	175
8-11	4-Day Exp. Forklift Trainer Cert. (SoCA)	1,200	1,250	9	4-Hour Defensive Driving Course	50	65
9	Confined Space Awareness TTT	325	375	13-15	Training Programs & Presentations	690	825
9	OSHA Recordkeeping Requirements	250	275	16	Competent Person Excavation	130	155
10	Conducting Safety Inspections	230	265	19-22	First Aid/CPR/AED Instructor	425	480
11	Conducting Accident Investigations	230	265	23	Confined Space Awareness	130	155
11	Industrial Hygiene (SoCA)	230	265	22-23	Fed OSHA 10 for Construction (SoCA)	175	185
12	Selling Safety (SoCA)	230	265	26-27	2-Day Express Counterbalanced Forklift Trainer Certification	945	995
12	IVES Trainer Recertification (SoCA)	230	255	27-30	First Aid/CPR/AED Instructor (SoCA)	425	480
15-16	2-Day Express Counterbalanced Forklift Trainer Certification	945	995	29	Cal OSHA 8 Commercial Construction	100	150
15-16	Fed OSHA 10 for General Industry	175	185				
17	Rough Terrain Upgrade	445	495				
18	Confined Space Awareness (SoCA)	130	155				
18-19	2-Day Express Counterbalanced Forklift Trainer Certification	945	995				

Please visit our website www.safetycenter.org for updates and course descriptions

All courses are held at Safety Center's Sacramento Campus, 3909 Bradshaw Road, Sacramento, CA 95827 except those noted with "(Southern CA)" for Southern California courses. Please contact Gayleen Grigoreas, (909) 625-9650, to enroll in Southern California courses.