

BACK INJURY PREVENTION PROGRAM

PURPOSE: To establish policy regarding a back injury prevention program in Nursing and other identified high-risk departments.

POLICY: To minimize back injuries by implementing and maintaining a back injury prevention program through training and proper lifting techniques and equipment.

MEDICAL SURVEILLANCE

A medical management program complements the prevention process by limiting the severity of the condition through early detection, prompt treatment, and timely recovery. The program ideally includes the following elements: job placement evaluation, baseline medical evaluation, periodic health surveillance, physical treatment, and training and education.

Baseline health data establish a benchmark against which changes in health status can be measured. This baseline data should include a medical and occupational history and physical examination of the Health Care Worker's musculoskeletal and nervous system. If a periodic review shows symptoms, such as loss of motion or chronic back pain, the appropriate physical examinations and tests should be conducted to determine whether the occupational risk factors contributed to the condition or prior injury aggravation occurred.

TRAINING

Training in Back Safety will be conducted for all new employees within 30 days of their employment. Other personnel will attend the annual mandatory Safety Training which will include Back Safety Training; including two man lift techniques, importance of stretching, warming up, and bending the knees while lifting. The Safety Officer and Public Health Nurse are responsible for conducting/scheduling training. Videos and actual demonstrations will be used in back safety training for health center staff.

MAINTENANCE SUPERVISOR is responsible for:

1. Maintaining/repairing mechanical devices as possible when Bio-Med is unavailable.

2. Utilizing back support belts as necessary to prevent injury.
3. Ensuring all staff attend mandatory Back Safety Training.

GENERAL SERVICES/HOUSEKEEPING is responsible for:

1. Utilizing back support belts as necessary to prevent injury.
2. Attending mandatory Back Safety Training.

SAFETY OFFICER is responsible for:

1. Scheduling mandatory Back Safety Training.
2. Overall orientation for new employees to the Back Safety Program.

Reviewed/Revised:

name
Safety Officer

Date

name
Health Center Director

Date

