

# BACK SAFETY PARTICIPANT'S GUIDE

## INSTRUCTIONS:

- I. Print out this participant's guide for use with the Back Safety video.
- II. Please watch the video. Pause the video when directed and answer the questions or complete the statements by writing the appropriate letter in the box or filling in the blank, when the video suggest you should. Check your answers with the answer key at the end.

## PART ONE

1. What percentage of Americans will seek professional help for back pain at least once in their life? a. 10% b. 50% c. 80% \_\_\_\_\_

Match the functions to the following statements (2-6):

- a. Bones    b. Disc    c. Muscles    d. Ligaments
2. Moves the spine into position. \_\_\_\_\_
  3. Strengthens the back and hold it together. \_\_\_\_\_
  4. Provides cushioning, allows movement. \_\_\_\_\_
  5. Provides shape, protects spinal cord. \_\_\_\_\_
  6. Provides the force to lift the weight of the body and the load we lift. \_\_\_\_\_
7. Which muscles are used in lifting?
    - a. Back muscles
    - b. Stomach, back, leg, and arm muscles
    - c. Leg muscles
  8. Three good ways to prevent back injury are:  
Good \_\_\_\_\_, \_\_\_\_\_ flexibility and strength, and correct \_\_\_\_\_.

## PART TWO

9. Poor posture weakens \_\_\_\_\_, and makes them tire easily.
10. What is the best way to improve posture when standing? (circle one)
  - a. Put one foot up
  - b. Move your feet
  - c. Both of the above

Match the following exercises to the statements below (11-18):

- a. Heel Chord or calf stretch
- b. Hamstring stretch
- c. Backward bend
- d. Moving squat
- e. Partial sit up
- f. Leg raiser
- g. Side leg lifts
- h. Wall slide

- 11. Strengthens lateral abdominal stomach muscles for bending and twisting.
- 12. Loosens muscles in the back of the legs and allows bending the knees during lifting.
- 13. Good for loosening back muscles after bending over for some period of time.
- 14. Strengthens thigh muscles for power lifts.
- 15. Loosens lower leg muscles making it easier to reach low loads.
- 16. Strengthens stomach muscles to support the spine.
- 17. Stretches low back muscles and thigh muscles, and provides relaxation.
- 18. Strengthens the lower abdominal muscles.

### PART THREE

Match the following 4 "P"s to the part of the lifts described in the statements below (19-26):

- a. Plan
- b. Prepare
- c. Pull
- d. Pivot
- 19. Getting a hand truck, dolly or cart to help move and carry material. \_\_\_\_\_
- 20. Bending down on one knee to place an item on a lower shelf. \_\_\_\_\_
- 21. Carry the box close to the body. \_\_\_\_\_
- 22. Pointing your toes in the direction of movement when moving a heavy item. \_\_\_\_\_
- 23. Positioning the hand truck at a right angle to the final location to avoid twisting. \_\_\_\_\_
- 24. Getting a firm grip with both hands and tightening stomach muscles. \_\_\_\_\_
- 25. Moving your feet when using a broom or mopping instead of bending and twisting. \_\_\_\_\_
- 26. Flexing the knees when reaching material from a stool. \_\_\_\_\_

=====

### ANSWER KEY

1c; 2c; 3d; 4b; 5a; 6c; 7b

8 posture, muscle, lifting

9 muscles; 10c; 11g; 12b; 13c;

14h; 15a; 16e; 17d; 18f; 19a.

20b; 21c; 22b; 23a; 24b; 25d; 26b.