

# Back Injury Prevention Program



“Guts & Butts”

---

---

---

---

---

---

---

---

“TIGHTEN THE GUT  
STICK OUT THE BUTT  
THEN LIFT”

---

---

---

---

---

---

---

---

Karen Lunda PT MS  
Lunda & Associates



---

---

---

---

---

---

---

---

## Goals of Guts & Butts:

Work related  
injuries

Work related  
injury costs



Quality of  
Life

Impact the  
affects of an  
ageing  
workforce

---

---

---

---

---

---

---

---

## Objectives of “Guts and Butts”

- Make you aware of:
  - The COST of a back injury (not just the financial cost)
  - The causes of a back injury
  - Tips that can help you decrease the risk of back injury while patient handling



---

---

---

---

---

---

---

---

## Objectives of “Guts and Butts”

- Provide Instruction in
    - lumbar stabilizing techniques to strengthen your core
  - Critique your ability
    - to perform lumbar stabilizing exercise correctly
- Evaluate your ability to lift using the stabilization techniques



---

---

---

---

---

---

---

---

## Objectives of “Guts and Butts”



- Motivate you to:
  - decrease your risk for a back injury
  - “tighten your gut...stick out your butt...then lift...”
  - especially when awkward positioning is unavoidable!!

---

---

---

---

---

---

---

---

## Today’s Program

- Brief written questionnaire
- Points on teaching/motivating effectively
- Power Point presentation
- Lumbar Stabilization Exercise class
- Sign off on use of lumbar stabilization during patient handling
- Program Evaluation

---

---

---

---

---

---

---

---

Why is preventing a back injury so important and WHO is it important too?



---

---

---

---

---

---

---

---

“Are we going to be scolded when we get back”



---

---

---

---

---

---

---

---

“They just have to stay in shape.”



---

---

---

---

---

---

---

---

What factors in your job place you at risk for injuring your back?



---

---

---

---

---

---

---

---

Is a back injury caused from a single incident?



---

---

---

---

---

---

---

---

What is a cumulative trauma disorder is?

- What types of risk factors do you think contribute to a cumulative trauma disorder?
- How many of these risk factors are inherent in your job?
- Which of these risk factors could be decreased or at times avoided in your job?

---

---

---

---

---

---

---

---

Why is bending such a problem?



---

---

---

---

---

---

---

---

## Vertebral disc forces

- Standing = 100 psi
- Sitting = 140 psi
- Bending = 150 psi
- Bending while holding a weight = 220 psi



---

---

---

---

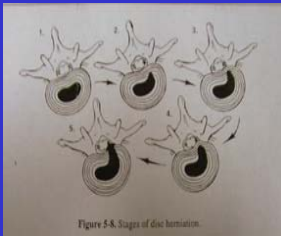
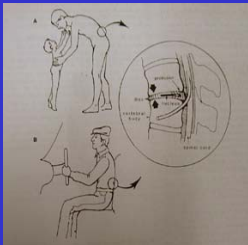
---

---

---

---

## How do you herniate a disc?



---

---

---

---

---

---

---

---

## How do you strain a muscle?



---

---

---

---

---

---

---

---

How can we decrease these high forces on our backs?



---

---

---

---

---

---

---

---

CHANGES YOU CAN MAKE NOW?

How can the physical stressors be decreased?



---

---

---

---

---

---

---

---

### Core Strengthening

- Lumbar stabilizing exercises
- Train the trainer participants
- They have received additional training in lumbar stabilization and core strengthening.

---

---

---

---

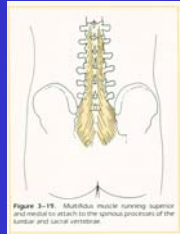
---

---

---

---

## Lumbar stabilizing muscles



---

---

---

---

---

---

---

---

## Practical lifting with incorporation of lumbar stabilizing techniques



- *Tighten the gut*
- *Stick out the butt*
- *Then lift!*

---

---

---

---

---

---

---

---

## Summary

- Can you change much about the work that you do?
- Can you change much about where you do your work?
- Can you change how you do the work?
- Can you improve your core strength?
- Can you incorporate this in your work tasks?

---

---

---

---

---

---

---

---



## Summary

- Strengthen the core incorporating lumbar stabilization
- Avoid bending and twisting when it's avoidable
- When not avoidable, utilize lumbar stabilization
- ***Tighten the gut, stick out the butt ... then lift!***

---

---

---

---

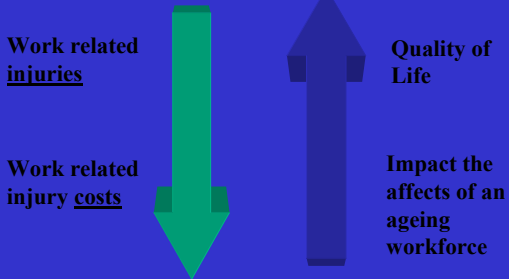
---

---

---

---

## Goals of Guts & Butts:



---

---

---

---

---

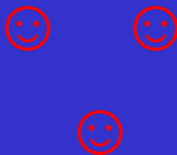
---

---

---

## RESULTS

- Lost time due to injuries ↓ by 62%
- The number of total injuries ↓ by 42%
- The number of back injuries ↓ by 22%



---

---

---

---

---

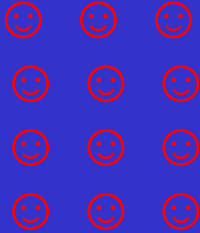
---

---

---

## RESULTS

- Cost per back injury ↓ from \$8,500 to \$ 598 (93%)
- Total medical costs ↓ from \$643,479 to \$474,156 (26%)



---

---

---

---

---

---

---

---

---

Thank You



Karen Lunda M.S.,P.T.  
Lunda & Associates

---

---

---

---

---

---

---

---

---

QUESTIONS ON GUTS &  
BUTTS



---

---

---

---

---

---

---

---

---