



SAFETY CORNER



MAINTAINING A LOOSE & STRONG BACK

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As construction workers, we are much more likely to suffer from lower back injuries and pain. We subject our bodies to repetitive lifting and stresses that other industries do NOT have to deal with.

We sometimes must work in awkward positions for extended periods of time as well as spend most of our working careers on concrete and uneven surfaces causing us to continually need to balance our upper bodies throughout the day.

We oft times enter this industry young and thinking we are invincible. As we age and continue to use and sometime abuse our bodies they tend to break down. The best way to retain our youthful ability is to exercise and stretch to counter the long-term effects that repetitive motions and gravity have on our backs.

Our core strength and limber muscles are key to keeping us functioning as we did when we began this career to provide for our loved ones. Watch out for the following situations:

Slips - A slip and fall on a job site can cause major damage to more than just your ego, like fractures, concussions, muscle strain, slipped discs, spinal fracture, or damage to the spinal cord. Keeping your core strong aids in balance and the ability to keep your feet while on slippery surfaces.

Repetitive Strain - Constant twisting and bending of the spine and holding awkward positions can result in a cumulative trauma injury, such as tendonitis. As the muscles and ligaments weaken, the odds of suffering a sudden injury because of the daily-wear-and-tear increase.

Improper lifting techniques - Employees must be trained on proper pushing, pulling, carrying, and lifting heavy loads to avoid torn ligaments, painful pinched nerves, or other heavy lifting injury.

Here are some links for stretches and exercises to keep us fit and pain free.

Exercises for a Healthy Back

- [How to Exercise When You Work in Manual Labor](#)
- [Stretches to Ease Lower Back Pain](#)
- [The Big Three Exercises You Need to Kiss Lower Back Pain Goodbye](#)



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