Back Pain and Risk Factors

Back Pain Factors
- Poor posture
- Slips and falls
- Unnatural movements
- Carrying or lifting excessive weight
- Stress – physical or mental
- Over exertion
- Lack of exercise
- Medical factors

Back Pain - Assessing Your Risk
- The heavier the load, the greater the risk to the back.
- If twisting movement is involved in lifting a heavy load, abnormal stress will be placed on the back.
- Jobs with a vibration element, like driving a truck or heavy vehicles, seem to predispose individual to back problems.
- Conversely, jobs that do not have a lot of movement in them, like driving a car or sitting at a workstation for prolonged periods, have the same predisposition for back problems.
- Jobs that have abnormal postures that create excessive muscular action or static loading also carry a risk factor.
- Situations where a weight shifts suddenly while being lifted can also create problems (e.g., an ambulance attendants work)

Back Injury Symptoms
Symptoms of back pain can vary greatly depending on the injury and the individual but can include:
- Pain, tightness or stiffness
- Spasms
- Decreased range of motion
- Numbness, tingling or burning into the legs
- Limited ability to sit or stand