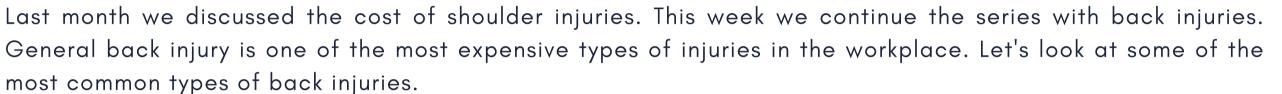


WORK RIGHT REV

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THE COST OF INJURY: THE BACK



Costs of Back Injuries

Back injuries can range from spinal, muscular, bone, or joint injuries. Here are three of the most common workplace back injuries.

- Sciatica: This common injury to the low back can be caused by repetitive heavy lifting over a long period of time. Cost can vary from \$15,000 to \$35,000.
- Spinal Stenosis: Narrowing of the spinal canal happens naturally as we age, but symptoms can be aggravated by work. Surgeries could result in a cost of 15,000-\$25,000.
- Muscle Sprain or Strain: When a back sprain or strain lingers, medical intervention may be warranted including doctors visits, physical therapy, or medication. The cost of all three can total upwards of \$250+ depending on the amount of visits needed.

Is Surgery Worth the \$\$?

includes When treatment surgical the intervention, price increases exponentially. In some cases, surgery is the most appropriate treatment, but research shows some surgeries have similar outcomes to physical therapy.

Back Injury Prevention

- Lift objects by bending the knees and squatting rather than bending at the back.
- Push rather than pull to move heavy objects.
- Avoid wearing heels over 1 inch in height.
- Break up time in prolonged seated positions if at a desk or behind the wheel.
- Exercise regularly incorporating both an aerobic and strengthening/stretching component.

Knowing the principles of being PREPARED, will help to prevent injuries and stay at work. Treat your body like you matter - you only get one in this lifetime.



WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.













