

# HSSE LESSON LEARNT

## LOW BACK PAIN DUE TO IMPROPER POSTURE

### WHAT HAPPENED?

In May of 2004, a worker was injured while lifting and moving storage boxes. Most recently, on November 12, 2005, his symptoms were initiated by standing and bending to type on a keyboard at work. The patient was a 36 year-old male with complaints of lower back pain and pain from right gluteal down to his right lower extremity (LE) to lateral ankle. Patient is currently working fulltime as a flooring salesman which involves computer work (approximately 33% of day) and a lot of walking (approximately 66% of day). He was formerly employed as a carpet installer which entailed primarily bending and lifting. Prolonged standing, ambulation greater than 5 minutes, and sit-to stand following prolonged sitting seem to make his symptoms worse.

### CAUSE?

- Lifting heavy or bulking loads
- Repetitive tasks, such as installing carpet
- Bending, crouching or stooping while installing carpet
- Working with computer with poor posture
- Being in one position for a long time

### RELATED HAZARD?

- Back, neck and leg pain
- Muscle fatigue and pain
- Poor spine curve
- Breathing issues

### WHAT CAN WE LEARN?

- Proper training, knowledge, and education should be provided to workers to improve their health and avoid accidents.
- Manual handling should be avoided, which is the most critical causative factor in musculoskeletal disorders (MSD) among workers.
- Workers should change their posture frequently to circumvent from the feeling of discomfort.

