



Back Pain

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Low back pain is common and can be extremely painful. It can be difficult to cope with the severe pain but fortunately it is rarely due to serious disease. There are things that employers and workers can do to manage back pain and other musculoskeletal disorders (MSDs), in the workplace. People can be helped to remain in work or helped to make an earlier return to work.

Back pain is more common in tasks that involve:

- lifting heavy or bulky loads;
- carrying loads awkwardly, possibly one handed;
- repetitive tasks, packing of products;
- long distance driving or driving over rough ground, particularly if the seat is not, or cannot be, properly adjusted;
- stooping, bending or crouching, including work at PCs (poor posture);
- pushing, pulling or dragging heavy loads;
- working beyond normal abilities and limits;
- working when physically tired;
- stretching, twisting and reaching;
- Prolonged periods in one position

Warning signs

If you have severe pain which gets worse over several weeks, or if you are unwell with back pain, you should see your doctor.

Back pain is not usually due to any serious damage or disease. The pain usually improves within days or a few weeks, at least enough to get on with your life. Only a few people have back pain that is caused by a more serious issue such as a slipped disc or a trapped nerve and even these usually get better by themselves.

X-rays and MRI scans can detect serious spinal injuries which are very rare but they don't usually help in ordinary back pain.

If you do have back pain and suddenly notice any of these symptoms, which are rare, you should see a doctor straight away:

Clearing snow and ice from pavements yourself

There's no law stopping you from clearing snow and ice on the pavement outside your home or from public spaces. It's unlikely you'll be sued or held legally responsible for any injuries on the path if you have cleared it carefully. Follow the snow code when clearing snow and ice safely at— http://www.direct.gov.uk/en/NII/Newsroom/DG_191868

ABC Health and Safety Ltd are now Registered to run the following courses. Spaces are limited so please contact us as soon as possible:

• **IOSH Managing Safely**

Next course:

8th/9th December 2010

Continued 15th/16th December 2010

• **IOSH Working Safely**

Next course

TBA

• **IOSH Managing**

Environmental Responsibilities

Next course

TBA

• **NVQ Level 3 and 4 Occupational Health and Safety**

If you would like any more information about any of the above

For other course dates for the rest of the year, please contact ABC on 01304 206228 or email on info@abchsLtd.co.uk