



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Nigeria Chapter

Working together for a safer, stronger future.

Health Moment

on

Low Back Pain

introduction

Low back pain is a disorder of the muscles and bones of the back.

It is a universal human experience -- almost everyone has it at some point. Starts between 20-40 years of age, but more prevalent for those between 40-80 years.

Globally, it is the most common cause of job-related disability, and the second most common neurological ailment after headache.

It is classified as **acute**, (less than 6 weeks), **sub acute** (6–12 weeks), or **chronic** (more than 12 weeks) in duration.

causes

- Trauma,
- Aging and degenerative conditions
- Congenital abnormalities in the spine
- Skeletal irregularities
- Diseases and infection of the bones
- *Excessive stationary position*
- *Repetitive motion*
- *Awkward posture*

Risk factors

- obesity, smoking, weight gain, stress, poor physical condition, posture inappropriate for the activity being performed, carrying heavy bags, poor sleeping position and kidney stones.



Symptoms

- ❖ Range from a dull ache to a stabbing or shooting sensation.
- ❖ Red flag includes:
 - ✓ loss of bowel or bladder control,
 - ✓ numbness in the groin area or legs,
 - ✓ leg weakness,
 - ✓ fever, and
 - ✓ pain when coughing or urinating.



treatment

A. Physical Management: 90% of lower back pain will go on its own

- Bed rest – a few hours to max. 2 days for most LBP. Sciatica: 2 – 4 days bed rest
- Application of ice (or heat) to the back
- Change of posture at work or home

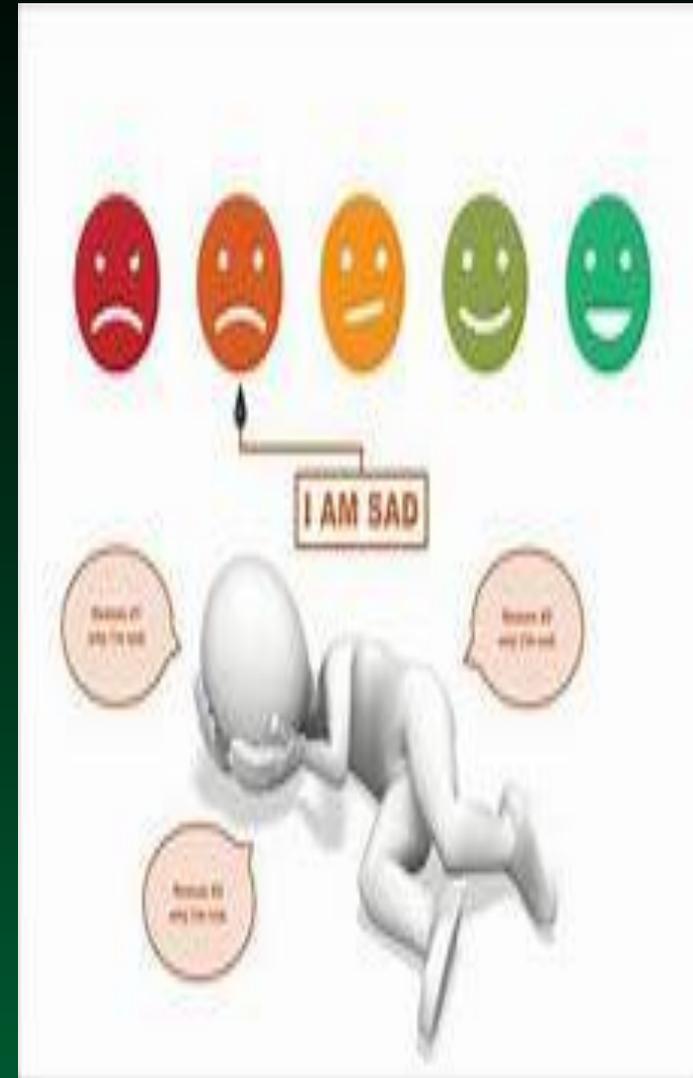
B. Medical

- Analgesics – Paracetamol, ibuprofen, diclofenac,
- Treat any infection or other causes

C: Surgery

D: Others :

- Physiotherapy
- Acupuncture, body massage, etc



Prevention 1/2

- Maintain back's three natural curves.
- Maintain a healthy weight
- Use safe lifting technique and maintain correct posture for all activities.
- Break up tasks, such as long drives, into shorter segments.
- Exercise daily to build strong supporting muscles.
- Obey micro pause and stretch breaks.
- Stop smoking



Prevention 2/2

- Don't lift or carry anything heavier than you can manage with ease e.g. travel bags, work site loads, etc.
- Don't slouch or bend forward while sitting or driving.
- Sleep on your back or side on a mattress that supports your back's natural curves
- Sit in a chair with good lumbar support and proper position and height for the task.
- Wear comfortable low-heeled shoes.
- Use appropriate mattress and change it regularly – orthopaedic type.

conclusion

- Back pain is preventable: cost and embarrassment can be prevented.
- If ignored, it can lead to life long debilitating condition.
- Sexual activities should be moderate when having low back pain.
- Health education should be centered on the implicated activities.