



Back Belts

A recent study on the effectiveness of back belts in the prevention of back injuries and back pain indicates that they really don't do the job we had once hoped.

The two-year study by the CDC's National Institute for Occupational Safety and Health (NIOSH) found no difference in reports of job-related back injuries between those who used back belts every day and those who rarely or never wore them.

Similarly, there was no difference in the numbers of people who reported back pain between those who did and did not use back belts.

In addition, there was no difference in the same reports among employers who required the use of these belts versus those employers who allowed voluntary use of back belts.

If you choose to use a back belt, remember that there is no substitute for proper lifting techniques and knowing your own limits! For training assistance, contact Environmental Health & Safety at 503-494-7795.

