



PS Safety & Risk Management, LLC

Providing Safety Solutions for Today's Needs

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Accidents Cause Disabling Back Injuries

Back injuries can be devastating. An injury to the spine can mean spending the rest of your life in a wheelchair.

Traumatic back injuries can be caused by falls, motor vehicle crashes and other accidents.

Remember these back injury prevention guidelines:

- Wear your seatbelt when riding in a motor vehicle.
- Do not drink and drive, or ride with a drinking driver.
- Don't speed. Observe traffic laws, and lower your speed to accommodate road and weather conditions.
- Use fall protection equipment and all other precautions when working at heights. Don't take chances.
- Never dive into water unless you are sure it is deep enough and there are no hidden obstructions. Don't mix alcohol with diving or other sports such as driving off-road vehicles.

Some back injuries happen gradually, as the result of age, poor health habits and improper lifting techniques. Other serious back injuries can happen in an instant as a result of an accident. Work and play safely to prevent disabling back injuries.

For more information or training needs, contact **PS Safety & Risk Management, Inc.** at

(225) 716-0029 or visit us at www.pssafety.net