

## Reducing the Risk of Back Pain from Sitting

As a crane operator, you may experience back pain on the job. Back pain often comes from sitting for long periods and poor posture.

### Recognize the Symptoms

Back pain can range from a dull ache to a sensation similar to an electric shock. It usually affects only one side of the body.

### Factors that Contribute to Back Pain





- Sitting for long periods can strain your back. This can result in pain and numbness.
- Muscle strain in the lower back can make your back stiff and difficult to move.
- Muscles in your sides, back, hips, abdomen, and buttocks make up your core. If the core muscles are weak, they can't adequately support your spine. This can result in pain.

### How to Reduce the Risk of Back Pain

**Warm up.** Before each shift, do some exercises (e.g., arm circles, leg lifts, and lunges) to warm up your muscles.

**Stretch.** Stretching lengthens your muscles and tendons. It can help you relieve pain and build strength. Try the stretches shown in the drawings.

**Move your seat** so you can easily reach the steering wheel and the controls without needing to stretch your arms.

<b>Back Extension</b>	
<b>Side Stretch</b>	
<b>Upper Back Stretch</b>	
<b>Shoulder Squeeze</b>	

**Adjust the seat** so it supports the natural curve of your spine. This helps your posture and lets your back muscles relax.

**Take micro breaks.** Short (e.g., 5-minute) breaks during your shift give your muscles a chance to rest. Try stretching during these breaks. Contact BC Crane Safety for your in-cab stretching reminder magnet.

**OHSR Reference: Part 4**

Project: ..... Address: .....

Employer: ..... Supervisor: .....

Date: ..... Time: ..... Shift: .....

Number in crew: ..... Number attending: .....

**Other safety concerns or suggestions:** .....

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
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11.		
12.		
13.		
14.		
15.		

Manager's remarks: .....

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Manager: ..... Supervisor: .....

(Signature)

(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation at [worksafebc.com](http://worksafebc.com).