ALLIANZ GLOBAL CORPORATE & SPECIALTY®

A BETTER BACK THROUGH BACK INJURY PREVENTION

ALLIANZ RISK CONSULTING



One of the most common and most costly injuries sustained by workers involves the spinal column, or strain and sprain of the muscles, tendons, and ligaments of the back. A better back begins with recognizing where bad habits or faults lie. There are basically two types of back injuries: those that occur to the spinal vertebrae, and those that occur to the back muscles and tendons.

PHYSICAL CHARACTERISTICS

The spinal column consists of a series of 26 moveable bones called vertebrae. These are kept in line by ligaments and muscles. If muscles strain to provide support, backache and even pinched nerves may result.

Located between each pair of vertebrae are the spinal disks. These disks contain a viscous fluid which acts as a

