

High Force - It does not have to be heavy to hurt you

Posted in: Back Care

- ✓ Force is involved every time someone develops an MSI. After all, if nobody moved, nobody would get hurt! BUT – high force doesn't have to be 100 pounds, it just needs to be more than your working tissues can take in any one position
- ✓ Face it, you're not surprised when someone gets injured lifting something 100 pounds. But sometimes we act surprised when someone injures their shoulder lifting or twisting something overhead (even something 10 lbs).
- ✓ Should we be surprised?
- ✓ The key is that in both cases, it is simply that the force (10 or 100 lbs) exceeded the person's strength in that position.
- ✓ The good news is that if you take a second to 'fit' your work to use your stronger muscles, your risk of injury will be much lower.



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