

<b>Title</b>	<b>Identify the causes of back injury and methods to prevent back injuries in the workplace</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to describe the structure and function of the spine; identify the risk factors for occupational back injury; identify back care techniques; and identify workplace control measures to reduce the risk of back injury.
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<b>Classification</b>	Occupational Health and Safety > Occupational Health and Safety Practice
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<b>Available grade</b>	Achieved
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**Guidance Information**

**Definition**

*Legislative requirements* include but are not limited to compliance with – Health and Safety at Work Act 2015 (HSWA); Resource Management Act 1991; local body regulations, and any subsequent amendments and replacements.

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**Outcomes and performance criteria**

**Outcome 1**

Describe the structure and function of the spine.

**Performance criteria**

1.1 The structure and function of the spine are explained in mechanical terms.

Range includes but is not limited to – vertebrae, intervertebral discs, ligaments, tendons, the effect of loading the discs, the natural curvature of the spine.

**Outcome 2**

Identify the risk factors for occupational back injury.

**Performance criteria**

2.1 Task elements associated with increased risk of back injury are identified in accordance with legislative requirements.

Range elements include but are not limited to – actions and movements; working posture and position; duration and frequency of manual handling; location of loads and distances moved.

2.2 Individual factors that increase the risk of back injury are identified in accordance with occupational safety and health guidelines.

Range includes but is not limited to – age, weight, physical build, flexibility, strength, skill.

2.3 Risk factors associated with workplace design, the work environment and work organisation are identified in accordance with legislative requirements.

Range includes but is not limited to – positioning of tools and equipment, climate, lighting, space, floor surfaces, staffing levels, availability of equipment, work schedules, work pace, task variety, rest breaks.

**Outcome 3**

Identify back care techniques.

**Performance criteria**

3.1 Techniques that reduce the risk of back injury are described in accordance with occupational safety and health guidelines.

Range includes but is not limited to – general exercise, improving flexibility, developing trunk muscles, maintaining good posture, good health, not lifting excessive weights.

**Outcome 4**

Identify workplace control measures to reduce the risk of back injury.

**Performance criteria**

4.1 Control measures are identified to eliminate, isolate, or minimise the hazards and risk factors associated with back injury in accordance with occupational safety and health guidelines.

Range includes but is not limited to – ergonomics, job redesign, mechanical handling equipment, mechanical assistance, team lifting, training.

<b>Planned review date</b>	31 December 2022
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	14 December 2000	N/A
Revision	2	16 May 2005	N/A
Review	3	25 May 2007	N/A
Rollover and Revision	4	22 May 2014	N/A
Rollover and Revision	5	22 August 2019	N/A
Rollover and Revision	6	25 March 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0121
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact The Skills Organisation [reviewcomments@skills.org.nz](mailto:reviewcomments@skills.org.nz) if you wish to suggest changes to the content of this unit standard.