

## Identify the causes of back injury and methods to prevent back injuries in the workplace

**Level** 3

**Credits** 4

**Purpose** 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 work place control measures to reduce the risk of back injury.

**Subfield** Occupational Health and Safety

**Domain** Occupational Health and Safety Practice

**Status** Registered

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**Entry information** Open.

**Accreditation** Evaluation of documentation by NZQA and industry.

**Standard setting body (SSB)** New Zealand Industry Training Organisation – Industrial Health and Safety Advisory Group

**Accreditation and Moderation Action Plan (AMAP) reference** 0171

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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### Special notes

#### Definition

*Legislative requirements* include but are not limited to compliance with – Health and Safety in Employment (HSE) Act 1992 and Health and Safety in Employment (HSE) Regulations 1995, Resource Management Act 1991, local body regulations, and subsequent amendments.

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## Elements and performance criteria

### Element 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.

### Element 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.

### Element 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.

### Element 4

Identify work place 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.

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#### Please note

Providers must be accredited by NZQA, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by NZQA before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

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#### Comments on this unit standard

Please contact the New Zealand Industry Training Organisation [office@nzito.co.nz](mailto:office@nzito.co.nz) if you wish to suggest changes to the content of this unit standard.