

Title	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.
----------------	---

Classification	Occupational Health and Safety > Occupational Health and Safety Practice
-----------------------	--

Available grade	Achieved
------------------------	----------

Explanatory notes

Definition

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

Outcomes and evidence requirements

Outcome 1

Describe the structure and function of the spine.

Evidence requirements

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.

Evidence requirements

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.

Evidence requirements

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

Evidence requirements

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.

Planned review date	31 December 2015
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
---------	---------	------	--------------------------

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

Consent and Moderation Requirements (CMR) reference	0003
--	------

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

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards, or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR 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.

Comments on this unit standard

Please contact The Skills Organisation reviewcomments@skills.org.nz if you wish to suggest changes to the content of this unit standard.