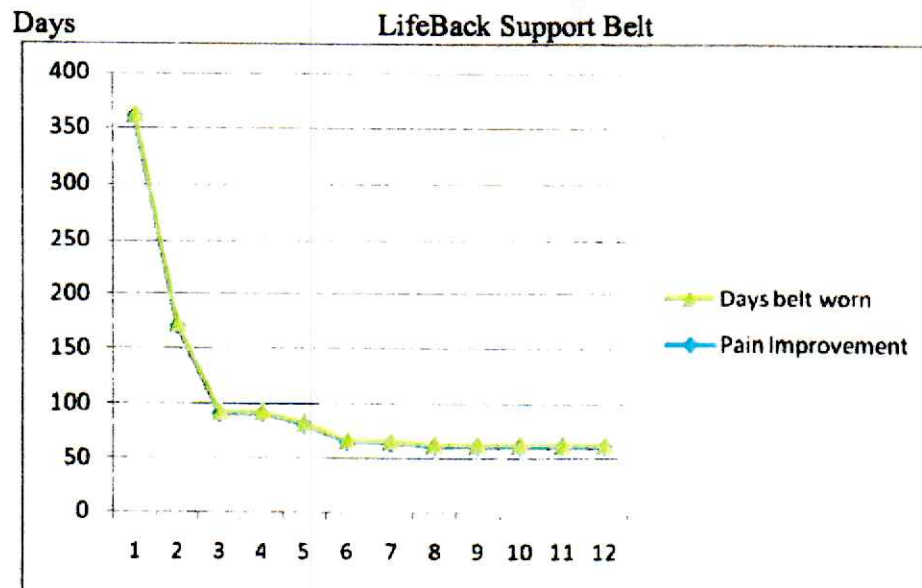


All of the workers illustrated in Chart (A) were experiencing some form of back pain or soreness at the time they started to wear the LifeBack support belt and by the time they had worn the belt for 60 days or more, all reported less or no back pain.



Pain Improvement Scale—1=no pain – 12= most pain

Workers with no back pain at the start of the study reported that the LifeBack support belt was comfortable to wear in most cases but the majority also reported little or no change after wearing the device for only a week. Approximately 30% of these workers continued to wear the belt and made it a part of their work uniform.

A number of overweight workers reported that the device cut into their belly when they bent over to lift, this indicated to us that the employees may be lifting incorrectly. If the workers were lifting correctly, there should be no increased pressure on their belly. We decided that lifting techniques was an issue that we need to stress in our outreach classes and in our train the trainer courses as a result of these comments.

A summary of the worker comments included the following:
 Supports spine; feels good to wear; better than any other back support device;
 comfortable to wear; pain gone; good back support; feel great; helps a lot; really
 impressed with belt; stable and secure; relieves pressure; rests muscles-helps prevent
 soreness. More than 94% of the workers who wore the belt for more than two weeks
 had positive comments.

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