

UCLA Study proves Back Supports Reduce Injuries Up To 33%

Workers who wear back supports can reduce the number of low-back injuries by about one-third, according to findings from the largest-ever study of the ever increasingly popular-yet unproven-devices.

Researchers from the University of California, Los Angeles (UCLA) School of Public Health studied the workplace injury history of 36,000 workers of a national home supply store chain over a six-year period and found that low-back injuries fell by about one-third after the company imposed a mandatory policy on back support use. The study is the largest thus far to examine the effectiveness of back supports. No funding from manufacturers of back supports was used for the research. “We found compelling evidence that back supports can play an important role in helping to reduce back injuries among workers who do a lot of lifting,” said Jess Kraus an epidemiologist and director of the UCLA-based Southern California Injury Prevention Research Center. “Along with worker training and proper workplace ergonomic design, back supports can be part of an overall injury prevention program. I went into the study very skeptical about claims that these back supports could help reduce back injuries,” Kraus said. “I suspected we would not find any positive effect, so I was very much

surprised by our findings.”



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