



THE BALING WIRE

Winter 2005 Edition

Success: Life After a Back Injury

Part Two of a Two Part Series

Oh, My Aching Back...



If you have heard yourself say these words, you are not alone! According to OSHA, back injuries are the number one workplace safety problem.

They estimate that 80% of Americans will have some form of back pain in their lives. This number may be much higher in the farming and ranching community.

The lower back supports much of the weight of the body. Many types of motion such as turning, twisting, bending, standing, walking and lifting involve the muscles, bones and connective tissues of the back. As a result most activities have the potential to put the back at risk for injury.

Common Causes and Risk Factors:

- Poor posture, which is a leading cause of back pain
- Improper body movement, especially when lifting
- Obesity and poor physical condition
- Arthritis and other diseases involving the joints in the spine
- Smoking (decreases blood circulation)
- Osteoporosis

Prevention Tips

Know your physical limits and don't be afraid to ask for help. Pace yourself, taking frequent breaks to rest the muscles in your back. Exercising is almost always a good idea, but be sure to talk to your doctor first. Safety is the first consideration and your doctor may be able to assign specific exercises designed to improve the range of movement, strength and general endurance of your back

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Colorado AgrAbility Works!

Promoting success in agriculture for people with disabilities.

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Providing "on the farm" visits at no charge to the family.

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Making assistive technology recommendations to live and work more productively.

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Providing information on resources for peer support.

Editing & formatting of the
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AgrAbility Baling Wire



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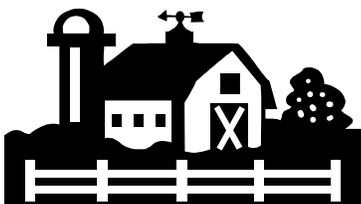
muscles. Here are a few healthy back tips:

- Stretch before activity
- Maintain healthy weight
- Maintain good posture
- Sleep on a quality mattress and pillow
- Be careful how you lift
- Bend the knees rather than the back

- Hold item close to body
- Move smoothly and slowly
- Push rather than pull heavy items
- Get help with heavy loads or use lifting device such as a dolly or forklift

Protecting your back should be a priority, whether in the home or on the job. Here are a some ways that equipment can be modified and home improvements made to reduce the risk of back injury:

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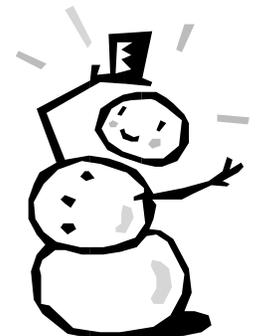


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Colorado AgrAbility is a joint program between Colorado State University Cooperative Extension and Colorado Easter Seals. The goal of AgrAbility is to maximize independence of farmers, ranchers, and their families who are facing new obstacles due to injury, illness, or normal wear and tear on the body by providing services, information and education.

Please contact us at:

Colorado AgrAbility	800-335-2598 toll-free
Easter Seals Colorado	303-937-7713 ext. 224
5755 W. Alameda Ave.	303-232-5685 TTY/ASCHI
Lakewood, CO 80226	303-233-1028 fax





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Equipment Modifications

- Shock absorbing tractor seats
- Seats designed with lower back support
- Use of swivel seats
- Use of mirrors in tractor to view operations behind the driver
- Extra steps mounted on the tractor to allow easier access
- Extra hand holds installed on tractors
- Use of tools designed to reduce the need to bend, twist and lift
- Automatic hitching devices and gate openers
- Strap-on stool to reduce standing time
- Use of adjustable height tables and work benches
- Use of wheeled cart to transport items

Home Modifications

- Use a “reacher” to get items from high cabinets or off the floor
- Use grab bars in the bathroom
- Raise the height of chairs and bed; Use non-slip surfaces on floors
- Use handrails when using stairs and steps
- Place foot on a footstool while sitting to ease back strain
- Store often-used items within easy reach

Please call us at 1-800-335-2598 x252 with any questions you may have on back injury and modifications.



Special Thanks

Thank you Southern Colorado Livestock Association and Kimmi Lewis for hosting the Annual Banquet Dinner Dance and supporting Colorado AgrAbility for a 2nd year!!! This year over \$2700 was raised to support Colorado’s farmers and ranchers affected with health challenges. We had a wonderful time at the Stockman’s Ball. We met such nice people, ate a lot of wonderful food and loved the auction and dance that followed.

EASTER SEALS— COLORADO AGRABILITY PROJECT

Creating solutions, changing lives.

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Please contact us at 1-800-335-2598 x224, if you wish to be removed from our mailing list.



www.eastersealsco.org/agrability

AgrAbility Workshops

Don't miss this opportunity! Come meet our team, join us for a free lunch, workshop & discussion. Colorado AgrAbility features a winter series of **FREE** workshops. Spread the word! The morning workshops (9-Noon) are on "Back Injury Prevention & accessing Social Security, Social Security Disability, Social Security Work Incentives, Medicare & Medicaid for Farm/Ranch Families." These workshops are for farmers and ranchers with disabilities & family members are welcome.

The afternoon workshops (1:00-4:00 PM) are on "Use of Social Security Work Incentives, Medicare, and Medicaid to Assist Farmers, Ranchers, and Their Families." These workshops are for professionals who work with ranchers and farmers with disabilities.

Please pre-register by calling Bob Fetsch at (970) 491-5648 or (970) 491-5889.

- Southeast Colorado Tuesday 1/25/04 Monte Vista, CO
- Southeast Colorado Thursday 1/27/05 Crowley, CO
- Northeast Colorado Thursday 2/3/05 Loveland, CO
- Northeast Colorado Wednesday 2/9/05 Brighton, CO
- Northwest Colorado Wednesday 2/23/05 Craig, CO

Northwest Colorado Thursday 2/24/05 Delta, CO (For ranchers and farmers only—no workshop for professionals)

