

Assessment Exercise 70

In Britain the greatest number of work days lost (106 million!) are as a result of back pain and injury. It costs the country millions of pounds in lost earnings. The problem is so big the National Health has not enough resources to treat everybody satisfactorily. Some major manufacturers now employ full time physiotherapists to treat and educate their employees. Back trouble comes from years of bad posture and lifting, starting at school, with pupils carrying heavy book laden bags or briefcases on one arm or shoulder instead of centrally in a 'backpack'. The easiest way to maintain a good posture when walking, sitting or standing is to pretend that someone is lifting and holding you upright by a tuft of hair, right on the very top of your head.

Study the two photographs of lifting shown and match the following questions with the appropriate numbered answer and fill in the boxes.



A Which picture shows the correct lifting position?

B In the correct position which part of the body exerts most of the lifting force?

C In the wrong position which part of the body, in addition to the arms, exerts most of the lifting force?

D In which lifting position is the centre of gravity most centrally placed over the base of support?

1 Lower back.

2 Legs

3 right

4 left

● Total score out of a possible 4