

Our Background

The combined clinical experience of Brisbane doctors Robert Labrom, Orthopaedic Surgeon, and Leigh Atkinson, Neurosurgeon, led them to realise the enormous impact that back and spinal injuries have on people's lives and the Australian community.

These injuries result in acute and chronic pain, time off work, adjustments to functional life and the need for extensive therapies including surgery. In addition, there is the enormous cost of compensable injuries to the Australian community. This scenario is all too well understood by both the medical and legal professions.

Lift Smart Australia was thus born and is dedicated to the prevention of spinal injuries related to lifting through the support of education and research.

Lift Smart Australia is an Australia-wide charitable, non-profit organisation.

Lift Smart Australia Provides:

- # A free source of educational material that explains "Correct and Safe Lifting Practices."
- # A free community notice board for all activities, policies and research that aims to reduce injuries to people's spines due to lifting, whether at home or at work.
- # A free publication site for all valid related research topics that aim to reduce and prevent injury to people's spines due to lifting, and that improve the management and health outcomes of those people injured.
- # To provide a limited advertising capacity for Government, employer and training groups, community groups, health care providers, legal groups, insurance companies, and professional associations by way of levels of recognised financial sponsorship as "Lift Smart Australia Friends and Partners."
- # Free Australian state-by-state web directed information on that particular state's activities in education, research, and the management of individuals affected by lifting related injuries.
- # The opportunity for individuals, associations, institutions and industry to involve itself in research that aims to reduce and prevent lifting injuries.



Preventing a Life of Back Pain



"It's as easy as"

For more information on
safe lifting,
or to contribute to our work,
please visit:
www.liftsmart.com.au

Most acute back injuries are related to lifting... Education is the key to reducing them.



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Back injuries account for 50% of work related injury claims.

Many more people are injured by using incorrect lifting practices outside the workplace.

Back injuries don't just affect the person who has the injury. They negatively impact all the areas of that person's life, including their family.

Quality of life is one major casualty... The cost to the community is the other.

Back and spinal injuries can be prevented...

Before you lift the next heavy item...

- ❖ Think a bit. Can I do this more easily, or in a better position?
- ❖ Do I need a mate? Should I ask someone to help me or get a trolley?
- ❖ Bend your knees.
- ❖ Keep it straight. Make sure you keep your lower back as straight as you can when you lift, with your knees becoming straighter as you go up.
- ❖ Keep what you are lifting close to your body. This keeps the centre of gravity as close to your spine as possible and reduces strain.
- ❖ Have fun staying fit as you get older. It is important to keep busy as you age. Getting involved in social activities is a good way of

getting into a routine that keeps you more active.

- ❖ Keep your weight to a sensible level and eat well. Healthy food helps all of us stay in good shape.
- ❖ Having stronger back and abdominal muscles, which are strengthened by regular walking, really does reduce the chance of back strain occurring through incorrect lifting.

Think a bit:

**Do you need a mate?
Bend your knees.
Keep it straight.**