

Recommended Resource List: Back Safety

The State Library of the Kentucky Department for Libraries and Archives is dedicated to "Serving Kentucky's Need to Know."

To request a title from the State Library:

- *State government employees should follow the call number link to the [KDLA Catalog](#) and click on the "Place Hold" button in the Availability section. Check the information on the form and then click on "Submit" button. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).*
- *Public library staff should use their libraries' own interlibrary loan system for requests.*
- *Members of the general public should contact their local public library for interlibrary loan service.*

Back Protection: Defending Your Safety Zone

DVD; 20 min.

Call number: [VC DV 613.62 Back](#)

DVD program compares the physical rigors workers may face on the job to the physical challenges of many professional athletes, always stressing the right techniques for back safety. Available in Spanish and Portuguese presentations.

Don't Be a Dummy about Back Safety

DVD; 15 min.

Call number: [VC DV 363.11 Don](#)

Topics include components of the spine, causes of back injuries, back strains and sprains, and the importance of exercise and posture in maintaining a healthy back.

PowerLift: Lifting Training That Works

DVD; 19 min.

Call number: [VC DV 613.62 Powe](#)

Teaches the PowerLift technique which keeps the back in a safe position while an object is being lifted.