



# PROFLEX<sup>®</sup> BACK SUPPORTS

REDUCE THE RISK OF BACK INJURIES >>>



## WHAT WILL PROFLEX<sup>®</sup> BACK SUPPORTS DO FOR ME?

- ProFlex<sup>®</sup> Back Supports provide lower back and abdominal support when you lift.
  - >> By tightening the back support you enhance your body's intra-abdominal pressure and move the stress away from your spine.
- ProFlex<sup>®</sup> Back Supports remind you to use the proper lifting techniques.
  - >> Every time you tighten the two-stage closure you are reminding your body it is time to lift.
  - >> Remembering the Eight Commandments of Lifting will make lifting easier and safer.

## WHAT WON'T PROFLEX<sup>®</sup> BACK SUPPORTS DO FOR ME?

- ProFlex<sup>®</sup> Back Supports will not make you stronger.
- ProFlex<sup>®</sup> Back Supports will not cure an existing back problem.

## HOW SHOULD IT FIT?

- ProFlex<sup>®</sup> Back Supports should fit snugly around your hips with the front of the support two-fingers width below your navel.
- The straps should be placed securely on your shoulders without causing tension.
- The hook & loop fasteners should be closed completely.

## HOW DO I PUT IT ON?

For maximum effectiveness, the ProFlex<sup>®</sup> Back Support must be properly secured around the midsection. When not in use, it may be worn loosely or unfastened.



### PATENTED STICKY FINGERS<sup>®</sup> STAYS

Deliver firm, continuous lower back support, have greater durability and gripping properties than industry-standard rubber track tape. Non-conductive.



### POWER PANEL POSITIONERS<sup>™</sup>

Keep power panels in place so they are accessible when needed. The result? Improved functionality and compliance.



### INNOVATIVE V-SHAPE DESIGN

After years of experience, we know fit matters. This unique design fits better, period.



**1** Slip the back support on.



**2** Grasp each end of the waistband. Stretch the right end across the left and attach. The upper edge of the waist band should be below the navel. Fasten outer elastic bands loosely at your side.



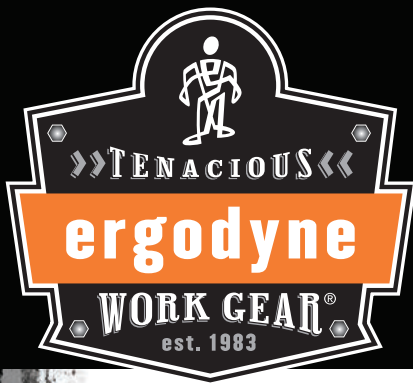
**3** Adjust straps for a comfortable fit without tension.



**4** Before you lift - grasp the outer elastic bands and stretch forward as far as possible.



**5** Secure bands in comfortable position.



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## SPRAINS // STRAINS ARE THE #1 INJURY RESULTING IN DAYS AWAY FROM WORK

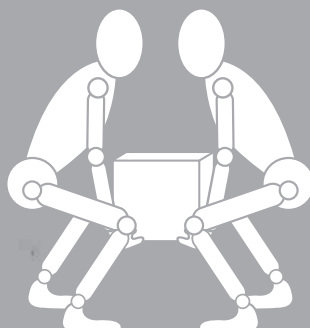
- 379,340 sprain/strain injuries resulting in days away from work in the private sector: 113,830 for government workers. Average cost of a sprain/strain injury was \$31,041. (Source: NSC Injury Facts<sup>®</sup> 2012 Edition)
- 40% of days away from work cases are due to back injuries. (Source: Bureau of Labor Statistics, U.S. Department of Labor 2008)
- 4 out of every 5 people will experience back pain in their lifetime. (Source: National Center for Health Statistics)

## BACK SUPPORTS PLAY AN IMPORTANT ROLE AS A CONTROL MEASURE DESIGNED TO REDUCE THE RISK OF BACK INJURIES.

## EIGHT COMMANDMENTS OF LIFTING >>>



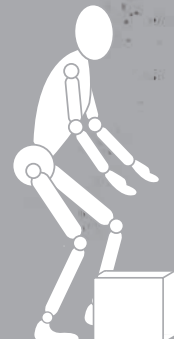
1 Plan your lift and test the load.



2 Ask for help.



3 Get a firm footing.



4 Bend your knees.



5 Tighten your stomach muscles.



6 Lift with your legs.



7 Keep the load close.



8 Keep your back upright.