

# > Back pain in the workplace

**More than 80 per cent of Albertans will have back pain at some point—including your workers. The good news is that you can help your workers deal with back pain.**

Most back problems are not due to any serious injury or disease and do not cause lasting damage. Research shows that the most effective way to relieve back pain is to start moving. Light to moderate activity in the workplace will get your workers on the road to recovery.

## Modified work

Modified work is one of the best ways to get injured workers back into the work force. It means focusing on what your worker can do rather on what they can't do.

By providing safe, achievable and active modified work, you are giving workers with back pain a way to get moving, stay active and feel better.

WCB-Alberta can work with you to develop a modified work program for your workers. You can create a successful program by starting with these steps:

1. Write down how and why your organization will commit to providing modified work for your workers.
2. Identify modified work opportunities in your organization by talking with your workers and with a WCB-recommended rehabilitation therapist.
3. Educate your workers about modified work and its benefits.
4. When a worker is injured, work with WCB, the worker and his or her physician to develop an effective return-to-modified-work plan.

For detailed information about starting modified work in your company, visit [www.wcb.ab.ca](http://www.wcb.ab.ca).

## Back Injury Program

Even though most back problems are not due to serious injuries, some back pain requires specialized treatment. WCB has a Back Injury program for workers with serious back injuries. The Back Injury program focuses on active treatment and helps injured workers return to work quickly and safely.

Injured workers participate in the program based on the recommendation of WCB. The program is accessible at health care centres across the province, and statistics show that injured workers who have participated in the program are satisfied with the treatment it provides.

For more information on the Back Injury program, download the program fact sheet at [www.wcb.ab.ca/pdfs/employers/EFS\\_Back\\_injury\\_program.pdf](http://www.wcb.ab.ca/pdfs/employers/EFS_Back_injury_program.pdf)

**BACKPAIN**>

DON'T TAKE IT  
LYING DOWN

Staying active is better for you. [www.backactive.ca](http://www.backactive.ca)