

Back Braces and Lifting Belts

Back injuries are consistently one of the top-ranking worker compensation claims, so it's worth paying attention to preventive measures such as back supports.



Back supports describe a range of products including both the nylon corset-style back supports worn by workers - often called back belts - as well as back supports that you attach to an office chair to ensure ergonomic positioning and avoid repetitive strain injuries.

Sometimes doctors or other qualified people prescribe these to assist people recovering from injury.

However, there is no evidence that these devices prevent injury. The evidence on back belts or braces is that these:

1. **Do not** reduce the forces on the spine
2. **Do not** reduce the strain on muscles, tendons and ligaments
3. **Do nothing** to reduce fatigue or to increase the ability to lift
4. Are like holding your breath when lifting
5. **Can increase** blood pressure and breathing rate
6. **Do not** reduce the chance of injury or reduce back pain
7. Can, however, be useful after an injury

In other words, such devices may produce a feeling of false security, leading to injury.