

Durable Supports for Every Budget
Decade® Back Supports

From the innovative Accupressure to our economical Basic—we've got your back.

HOW TO WEAR A BACK SUPPORT

Wear the support over one layer of clothing—a shirt or t-shirt—but not over a bulky vest or jacket.

Put the support on like a vest. The rubber stitched vinyl strips that cover the stays go on the inside. These help hold the support in the correct place.

Wear the support LOW on the hips, between the navel and tailbone, over the lumbar vertebrae.

Adjust the shoulder straps so the support hangs loosely at the proper level. If too short, the straps cause the support to slide up on the body. Straps should hang close to the body, so they won't become tangled in equipment.

Pull both sides of the primary belt around the body and pull the right side past the center. Bring the left side over it in a snug fit.

SIZING: Measure around hips just below navel.

Sizing for Accupressure only:

XS: 23-27"; S: 28-32"; M: 33-37"; L: 38-44"; XL: 45-51"; XXL: 52-56"

Sizing for all other Back Supports:

XS: 23-27"; S: 28-32"; M: 33-38"; L: 39-44"; XL: 45-49"; XXL: 50-54"



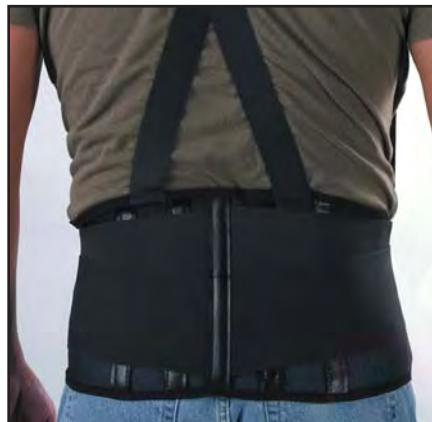
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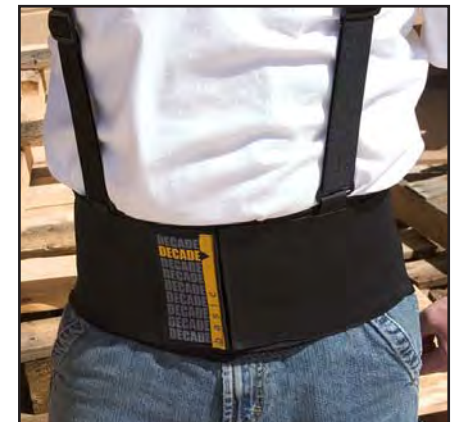
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Decade: Back Supports:
Accupressure

The Iowa Spine Research Center at The University of Iowa and patent co-applicant Chase Ergonomics collaborated on the development of the ACCUPRESSURE® Back Support.

This design incorporates new knowledge of how the body reacts to sudden loading caused by unexpected events (accidents). Studies have shown that during such events, back muscles can over-contrast by as much as 70%.

With its unique internal pressure pads over the hips, the ACCUPRESSURE reduces this excess exertion by up to 46%.

- High-density woven elastic cinch straps give consistent superior performance over long-term use.
- Triple Lock cinch strap feature, two-way stretch power knit primary belt.
- Number of spring steel orthopedic boning stays increases as belt size increases. Quick-release shoulder straps safely unsnap if snagged.
- To fit, measure around hips 1 to 2 inches below navel.
XS: 23"-27"; S: 28"-32"; M: 33"-37";
L: 38"-44"; XL: 45"-51"; XXL: 52"-56"
XXXL: 57"-62".

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["How to Wear a Back Support"](#)



Part Numbers	
Size	Part #
XS	48030
S	48031
M	48032
L	48033
XL	48034
XXL	48035

Decade: Back Supports:
Lumbar Lock

Constructed with high density woven elastic cinch and shoulder straps, the Lumbar Lock® is designed to provide consistent, long-lasting performance.

Premium grade Lycra® power knit elastic forms the body of this support. Shoulder strap length is easily adjustable.

Golden Grip one-way Velcro® closures give positive lock and extend product life by reducing daily wear and tear. Triple-locking cinch strap provides extra support for planned lifts.

- Primary belt width increases with belt size for best fit.
- The number of orthopedic spring steel boning stays and the length of the stays increase with belt size for strong custom support.
- Machine washable in cool water, air dry flat.
- To fit, measure around hips 1 to 2 inches below navel. XS: 23"-27"; S: 28"-32"; M: 33"-38"; L: 39"-44"; XL: 45"-49"; XXL: 50"-54"

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Part Numbers	
Size	Part #
XS	45030
S	45031
M	45032
L	45033
XL	45034
XXL	45035

Drill-Down Info:
Low Profile

Two-way stretch primary panel of power knit elastic is a comfortable 8" wide, for a smooth, low profile fit.

Shoulder straps, are constructed of durable industrial knit fabric. Cinch straps are cut from high density woven elastic.

Golden Grip one-way Velcro closures create a positive lock while reducing fraying, pulling and pilling for extended product life.

Easy-grip leather-look embossed cinch pulls.

The number of spring steel orthopedicboning stays increases as the size of the belts increase, to provide firm support from XS to XXL.

Machine washable in cool water, air dry flat.

To fit, measure around hips 1 to 2 inches below navel. XS: 23"-27"; S: 28"-32"; M: 33"-38"; L: 39"-44"; XL: 45"-49"; XXL: 50"-54".

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Part Numbers	
Size	Part #
XS	46030
S	46031
M	46032
L	46033
XL	46034
XXL	46035

Drill-Down Info:
Industrial

Industrial weight knit elastic cinch and shoulder straps for long lasting durability. Molded HTH Velcro® closures for superior performance.

Primary belt width is 8"; and the number or spring steel boning stays increases as belt size increases.

- Shoulder strap guides are easily adjustable. Triple lock cinch feature allows wearer to tighten belt easily. Rugged, durable support is machine washable in cold water, air dry flat.
- Available in traditional black or high-visibility PowerBright Orange. Custom logo silkscreening available.
- To fit, measure around hips 1 to 2 inches below navel. XS: 23"-27"; S: 28"-32"; M: 33"-38"; L: 39"-44"; XL: 45"-49"; XXL: 50"-54"

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Part Numbers		
Size	Black	Orange
XS	46430	46480
S	46431	46481
M	46432	46482
L	46433	46483
XL	46434	46484
XXL	46435	46485



Drill-Down Info:

Cadet

Light duty industrial back support at a popular price. Ideal for temporary help, high turnover positions or light industrial activities. Available in Black or high visibility PowerBright Orange.

High-rise cut in front for continued comfort while sitting or bending.

- Knit elastic cinch and shoulder straps, two-way stretch power knit primary belt.
- Positive vertical locking system achieved with two-way stretch binding and rubberized interior stay pockets, to keep support in place while working.
- Number of spring steel boning stays increases from four to six as belt sizes increase.
- Primary belt width is a comfortable 8" in back.
- Machine wash cold, air dry flat.
- To fit, measure around hips 1 to 2 inches below navel. XS: 23"-27"; S: 28"-32"; M: 33"-38"; L: 39"-44"; XL: 45"-49"; XXL: 50"-54".

Click here to read ["How to Wear a Back Support"](#)



Part Numbers		
Size	Black	Orange
XS	46530	46580
S	46531	46581
M	46532	46582
L	46533	46583
XL	46534	46584
XXL	46535	46585



Decade: Back Supports:
Basic

An economical approach to back safety, priced for high turnover positions or light industrial work.

Breathable Lycra® spandex and knit elastic construction.

Comfortable high-rise front panel "cutaway" design is comfortable when sitting or bending.

- Shoulder straps are adjustable and removable. Length and tension of the shoulder straps can be adjusted for the most comfortable fit, using either front bar slides or by adjusting the position of the straps against hook-and-loop at the front or back of support.
- Four sewn-in nylon stays, Five inch wide cinch straps, 1 1/4" wide elastic shoulder straps.
- To fit, measure around hips 1 to 2 inches below navel. XS: 23"-27"; S: 28"-32"; M: 33"-38"; L: 39"-44"; XL: 45"-49"; XXL: 50"-54"
- Machine wash cold, air dry flat.

Click here to read ["How to Wear a Back Support"](#)



Part Numbers	
Size	Part #
XS	03430
S	03431
M	03432
L	03433
XL	03434
XXL	03435

How-To Series

Decade® Back Supports
HOW TO WEAR A BACK SUPPORT

Wear the support over one layer of clothing—a shirt or t-shirt—but not over a bulky vest or jacket.

Put the support on like a vest. The rubber stitched vinyl strips that cover the stays go on the inside. These help hold the support in the correct place.

Wear the support LOW on the hips, between the navel and tailbone, over the lumbar vertebrae.

Adjust the shoulder straps so the uncinched support hangs at the proper level. If too short, the straps cause the support to slide up on the body. Straps should hang close to the body, so they won't become tangled in equipment.

Pull both sides of the primary belt around the body and pull the right side past the center. Bring the left side over it in a snug fit.

Pull the ends of the cinch straps evenly toward the front of your body so the ends meet in the middle of the support. This is considered the normal position.

When you know footing may be unstable or when lifting heavier or awkward loads, pull the cinch ends so they overlap, hooking one end over the other. This is the Triple Lock feature, available on many of our back support styles.



How to Properly Wear a Back Support:

- 1) Wear support in the proper, LOW position on the back.
- 2) Adjust for fit and safety.
- 3,4,5) Cinch for support.
- 6) Triple Lock (select support styles) for additional support when lifting or working in areas with uneven walking surfaces.



How to Lift Safely:

- 1) Establish a firm footing.
- 2) Bend your knees.
- 3) Tighten your stomach muscles.
- 4) Lift with your legs.
- 5) Keep the load close to your body.
- 6) Keep your back upright.

Posters available:

A combination poster on How to Wear and How to Lift Safely is available in English and Spanish.

Contact us to get yours! customer@chaseergo.com

Get our booklet (PDF file) [Overview of Recent Back Support Studies](#)

