

Safety Talk: Back Safety



SAFETY FIRST



LIFT WITH
YOUR LEGS
NOT YOUR
BACK

Back injuries are common problems at work, home, and play. They can be caused by accidents or improper lifting technique.

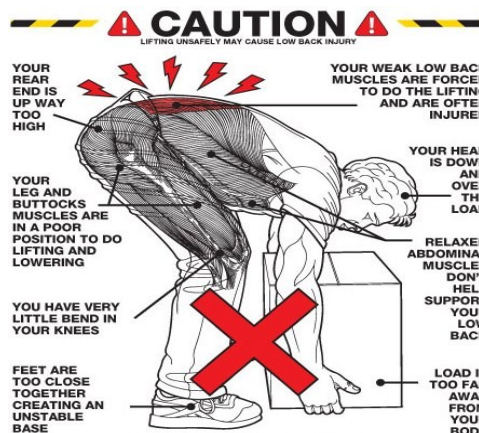
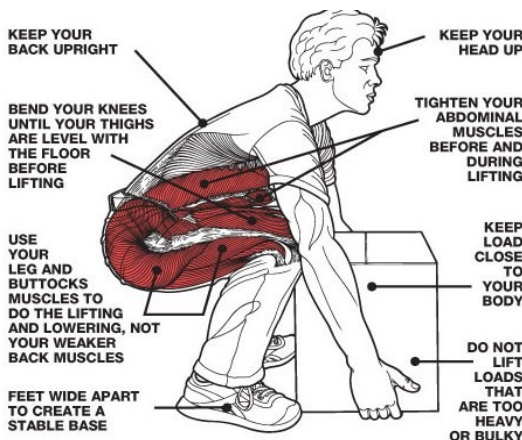
Below are tips to lift safely and avoid potential back injuries .

HOW TO PREVENT BACK INJURIES:

- Use proper lifting techniques;
- Stretch and warm up muscles in your back before the lift;
- Ask for help if lifting or carrying an object that is too heavy or awkward to handle;
- Use hand carts, lift trucks, pallet jacks, hoists, wheelbarrows, or other mechanical aids to lift or carry heavy/awkward objects;
- Rotate between sitting and standing tasks; and
- Avoid using awkward postures to complete work tasks.

EXAMPLES OF POOR LIFTING TECHNIQUES:

- Bending at the waist instead of squatting to lift from the floor;
- Twisting while lifting;
- Attempting to lift objects that are too heavy;
- Lifting with forceful, jerky movements;
- Lifting or carrying objects on slippery floors or other poor footing; and
- Repetition of lifting with the poor techniques listed above.



Steps to a proper lift:

- ◇ Plan the lift – size up the load to see if you need some help to lift the object.
- ◇ Stand as close to the object as possible.
- ◇ Keep your feet shoulder-width apart.
- ◇ Tighten your stomach muscles.
- ◇ Bend at the knees.
- ◇ Get a good, firm grip on the load.
- ◇ Hug the load.
- ◇ Lift with your legs.
- ◇ Avoid twisting and awkward movements.
- ◇ When carrying: keep the load between hip and shoulder height.
- ◇ When unloading: bend at your knees and keep your back straight.



STOP AND THINK



POSITION THE FEET



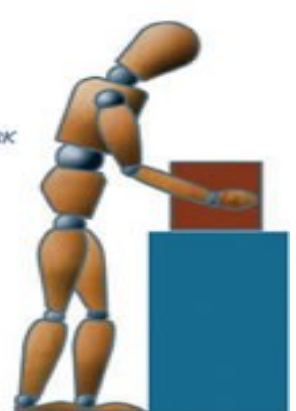
ADOPT A GOOD POSTURE



GET A FIRM GRIP



MOVE THE FEET



PUT DOWN THEN ADJUST

DON'T JERK

KEEP CLOSE TO THE LOAD