

Keep Your Back on Track

Most injuries to the lower back are the result of improper lifting. Employees can help reduce the strain placed on their backs by using proper lifting techniques.

- Get as close to the object as you can. Bend your knees with feet slightly apart for balance.



- Use your palms ~ not just your fingers~ to get a secure grip on the load. Keep your head, shoulders and hips in a straight line. Gradually lift the materials using your thigh and abdominal muscles and keeping the load as close to you as possible.
- Do not twist. Once you are standing, change directions by pointing your feet in the direction you want to go and turn your whole body.
- Reduce the amount of weight lifted. It is better to load several small boxes rather than one extremely heavy box.
- Get help if the shape is awkward or the object is too heavy for you to lift and move by yourself.
- Use lifting equipment such as carts, dollies and hand trucks for heavier loads. Push, rather than pull a load.

Walking, stretching and light weight lifting will strengthen your back and abdominal muscles. By practicing good posture, keeping in good physical shape and lifting with your legs, employees can avoid back problems.

What you do off the job is important too. Many back injuries are caused by everyday activities such as lifting groceries or picking up a child.

It doesn't matter where you work. **ALWAYS** lift with your legs and not with your back.

