



Back Safety Basics

Proper lifting technique is critical to back safety, but perhaps more important is proper planning. Before you lift that box, tool, or piece of equipment, take a moment to consider your action.

- Do you need to lift the item manually?
- How heavy is it?
- Where are you moving the item from?
- Where does it have to go?
- What route do you have to follow?

Proper Lifting Techniques

- Stay close to object
- Center body over feet
- Squat to lift and lower: do not bend at the waist
- Keep the weight as close to you as possible
- Keep your head up, not down
- If you must turn, turn with your feet, not your body
- Never jerk or twist
- Keep your back straight or slightly arched
- Wear shoes with non-slip soles

Risk Factors for Back Injury

- Poor posture
- Lifting, bending, reaching with your back bowed out
- Out of shape
- Tension & stress
- Aging & disease
- Impact and repetitive trauma

Remember That Most Back Injuries Can Be Attributed to One of These Five Causes

- Posture
- Body mechanics/work habits
- Stressful living
- Loss of flexibility
- Poor conditioning