



Safety Tip of the Week

Your Safety Is Our Business®

Volume 1, Issue 20

May 18th, 2014

Back Safety

Back injuries account for about one in every five job-related injuries in workplaces. Disabling back injuries are no laughing matter for workers who lose time from work or from personal activities. The sad truth is that most of the pain and lost time can be prevented if you are aware of how the back functions and how to lift safely to protect your back.

What's wrong with this picture?



Answer: this person is bending only at the waist to pick up an object.

If you decide you are capable of lifting a light load, make sure you lift correctly.

- Move in so that your feet are close to the base of the object to be lifted.
- Face the object squarely. Bend your knees and squat over the item to be lifted. In this position, the back gets added lifting strength and power from the legs and arms.
- Move up close to the item because the backbone must act as a supporting column and it takes the least strain close in.
- Tilt the item on edge with its long axis straight up so that the center of the weight is as high as possible above the ground.
- Still squatting, the feet should be set with legs pointed right at the load. With the back straightened, the worker may then grasp the load with both arms and slowly stand up with it, pushing up with the leg muscles. If you can't lift slowly, you can't lift safely.

Lifting's a breeze when you bend at the knees!!