



Safety Tip of the Week

Your Safety Is Our Business®

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Lifting Safety

Each day, in some form or fashion, you do lifting in your work and home activities. Your back is in motion all day, every day, even when you sleep. It bends when you sit, twists when you turn, lifts when you stand, and supports you when you walk. An injured back can be uncomfortable or disabling. Lifting safely is one of the most important things you can do to protect your back throughout your lifetime. By learning a few back injury prevention techniques, you may be able to make your workday safer.



REMEMBER - Back Strain and Back Injury Cause Serious Pain and Disability!

Follow these Precautions to Minimize the Risk While Lifting:

- Plan your lift: Get help when possible, use a dolly or cart, and don't carry too much weight.
- Lifting: Get close to the load. Lift with your legs, not your back. Bend your knees.
- Moving the load: Keep the load close to your body. Don't twist your body.
- Lowering: Let your leg muscles carry it down. Be sure fingers and toes are clear.

Safety by Choice, Not by Chance!