

# COMMITMENT

To Safety

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## GETTING BACK ... IN SHAPE!

The #1 cause of back injuries is physical overload caused by lifting too much or using improper techniques, straining, overreaching, bending, and twisting.

To protect your back and prevent injuries learn and use the proper techniques.

Learning to do lifting with good sense is done through practice. Remember, never lift a heavy or bulky load improperly, or unassisted.

## PRACTICE THESE LIFTING TECHNIQUES

- Bend your knees ... not your back
- Get help with heavy loads
- Never bend or twist while lifting or carrying
- Be aware of your footing
- Only carry loads you can see over
- Handle materials properly
- Squat over the item to be lifted and face it squarely ... this gives your back added lifting strength and power from the legs and arms
- Tilt the item on edge with the long axis straight up so that the center of the weight is as high as possible above the ground
- Move up close to the item giving the backbone strength as a supporting column and taking the least strain close in
- Now you're ready to lift
  - o Still squatting, the feet should be set with legs pointed right at the load
  - o Your back should be straightened
  - o Grasp the load with BOTH ARMS and SLOWLY stand up with it

When lifting small loads

- Use legs and arm muscles

When lifting large loads

- Get help ... or use a mechanical aid

## TAKE CARE OF YOUR BACK

- Change working positions frequently – especially if bending is involved in work routine
- Adjust working heights to prevent slumping
- Stretch during the day to increase flexibility