



**RISKCONTROL360**

## **Back Injury Prevention**

**Introduction:** Proper lifting techniques are crucial to preventing back injuries in the workplace. Reports indicate that every year thousands of employees injure themselves due to improper back injury prevention. Back injuries are one of the most common injuries in the workplace. Proper lifting techniques will ensure these injuries will decrease.

### **Back Injury Prevention:**

- **Stretch:** Make sure you go through a stretching routine before performing any lifting.
- **Positioning:** Re-adjust positions throughout the day so you do not grow complacent.
- **Injury:** Do not lift any material if an existing injury is present.
- **Positive Posture:** Walk and sit with proper posture.
- **Exercise:** Stay active.
- **Stationary Setting:** Set mats, rugs or carpet whenever possible, to ease back tension.
- **Walking:** Helps keep back muscles loose and the body in line.
- **Exercise Routine:** Exercise to stay fit.

### **Important Proper Lifting Techniques:**

- **Demonstration:** Have a competent person or supervisor demonstrate proper bending and lifting.
- **Load Size Up:** Try to push the piece or lift one of the corners. When in doubt always use the buddy system to lift.
- **Secure Object:** Make sure you have firm hold of the piece.
- **Knees Bent:** Keep back as straight as possible when lowering and raising objects.
- **Motion:** Lift smoothly with the legs doing the work.
- **Placement of Object:** Make sure that when lifting, the object remains with the core of your body.
- **Positioning:** Never twist your body when lifting. Keep objects within core frame of the body.
- **Pain:** If pain is experienced at any time, stop lifting immediately.
- **Superman Effect:** Never exceed your lifting capability.
- **Machines:** When possible, let machines do the work.

**Closing:** Back problems may be preventable by using proper lifting techniques and with a continual exercise routine to stay in top physical shape.