

Back injuries are the most common injury in construction.

- Construction workers report back pain in higher numbers than all other industries combined.
- Back injuries are the major cause of disability in middle-age construction workers.
- Long recovery times and chronic back problems can mean you will no longer be able to work in construction.

**Make sure floors and walkways are clear and dry. Slips and trips are a big cause of back injuries.**



Most back injuries occurring on construction sites are from lifting, bending at the waist, carrying, pushing and pulling.

## TO PREVENT BACK INJURIES

### LET TOOLS DO THE WORK!

If materials weigh more than 50lbs do not lift them by yourself.

Use carts, forklifts, and hoists to move materials – not your back. Get another worker to help lift heavy materials.

### CHANGE YOUR WORK ROUTINE!

Re-position your body so that you are not repeating a motion. Raise your work to waist level. Take rest breaks. When you are tired, you can get injured more easily.

### THINK BEFORE YOU MOVE!

Lifting while bending and twisting will cause injury. You can prevent a serious back injury if you step instead of twist. Turn your whole body rather than twisting. Lift and lower in a smooth, steady way. Try to handle materials between your knees and chest.