



Back Injury Prevention Awareness Tips

- **Plan your day!!**
 - Most lifting injuries occur towards the end of your day.
 - Complete the heavy or repetitive lifting during the morning or beginning of your shift.
 - Get help if doing a lot of heavy or repetitive lifting.
 - Warm up and stretch before you start your day and after breaks.
- **What activities done repeatedly at work and at home can lead to cumulative back injuries?**
 - Bending over without support
 - Tying shoes
 - Picking up items
 - Brushing teeth
 - Putting on makeup
 - Yard & House work
 - Lifting or jerking up without help or support
 - People (children)
 - Pull starters
 - Many more
- **Any time you find yourself doing one of these things, you should think:**
 - **DANGER! My back is at risk!**
 - Twisting at the waist - while lifting or holding a heavy load...
 - Heavy Lifting - especially repetitive lifting over a long period of time...
 - Reaching and lifting - over your head, across a table, or out the back of a truck...
 - Lifting or carrying objects with awkward or odd shapes...
 - Working in odd, uncomfortable positions - gardening, kneeling, tasks that require you to bend over for long periods of time...
 - Sitting and Standing too long in the same places
- **Avoid Bending when lifting**
 - Your lifting zone is between your waist and your shoulders.
 - Below the waist bend your knees
 - Above your shoulders use a ladder
 - Place objects off the floor
 - Heavier objects closest to your waist
- **Use carts, hand trucks and dollies to move objects, instead of carrying them yourself.**
 - It is better to push a cart, dolly, lawnmower, wheelbarrow, etc. than it is to pull it.
- **POWER POSITION**
 - Maintain the three natural curves to use your back in the strongest position.
 - Don't add your upper body to the lift
- **Just standing can put a big demand on your back. The following techniques will help reduce these demands.**
 - Staggered Stance
 - Build a bridge with your legs to support the weight of your upper body.
 - Knees Bent
 - Bend your knees when standing to add comfort to your back.
 - Get a Foot Up
 - Elevate a foot to provide comfort to your back when standing.
- **Move**
 - Move before you get tired, when you are sitting or standing.
- **Keep It Close**
 - Keep the load close to your body to lower the demands on your back
- **Build a Bridge**
 - Support your upper body with an arm or leg to take the weight off your back
- **Feet First**
 - Move your feet first to avoid reaching and twisting.
- **Offset Positions**
 - Stretch and change positions frequently. A rule of opposite works, the body likes change. What ever position you were in do the opposite. Stretching should not cause discomfort.