

BACK SAFETY TIPS

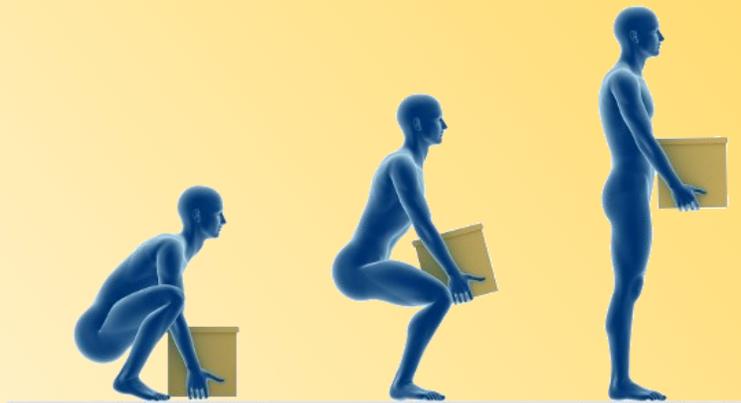
FROM RISK MANAGEMENT

BACK INJURIES ACCOUNT FOR NEARLY 20% OF ALL INJURIES AND ILLNESSES IN THE WORKPLACE.

The best way to prevent back injuries is to develop healthy habits that reduce the strain placed on the back.

- ◆ Use carts and dollies to move objects if possible. Always push, don't pull as this makes you twist at the waist.
- ◆ Avoid lifting and bending whenever you can.
- ◆ Avoid awkward lifting as this places greater stress on the back.
- ◆ Raise or lower your shelves so that the heavier objects are between your shoulders and waist.
- ◆ Bend your knees and allow your legs to do the lifting.
- ◆ Lift with your feet shoulder width apart.
- ◆ Keep the load close to you - "Hug the Load".
- ◆ Once standing, turn your whole body. Do not twist at the waist.
- ◆ Get help if something is too heavy for you to lift by yourself.
- ◆ Keep a clear view of where you are going. Never carry a load in front of your face as this makes you lean or twist and it upsets your balance.
- ◆ Know your limits.

REMEMBER TO EXERCISE AND STRETCH REGULARLY. A HEALTHY BACK IS LESS LIKELY TO BE INJURED.



PEOPLE FIRST

SAFETY ALWAYS