

# PREVENTING BACK INJURIES

Back strains are the most frequent on-the-job injury occurring in the workplace. However, most back injuries are preventable. Follow these simple lifting techniques to help prevent back injuries.



## GUIDELINES

- + Keep your back straight.
- + Keep the load close to your body.
- + Use your legs to lift. Bend your knees, not your waist.
- + Test the weight of the object to be lifted. Can it be handled safely?
- + Don't twist when lifting.
- + Think about the lift. What will make the lift safe? The greatest cause of back injuries is habit. Most workers lift incorrectly because they do not consciously think about lifting.
- + Watch others use safe lifting practices and consciously break bad lifting habits.
- + Use mechanical or ergonomic devices if lifts are frequent. Devices that minimize the number of lifts, the lifting distance and the lifting load weight include conveyors, hoists, fork-lifts, adjustable pallet lifts and lift assists.