LIFTING SAFELY

Back Injuries are the most common cause of low back pain at work. There is no one way to lift safely, but there are certain precautions that can reduce the risk of on-the-job injury. Lifting heavy items is one of the leading causes of injury in the workplace. Overexertion and cumulative trauma were the biggest factors in these injuries.

When employees use smart lifting practices and work in their "power zone," they are less likely to suffer from back sprains, muscle pulls, wrist injuries, elbow injuries, spinal injuries, and other injuries caused by lifting heavy objects.

Four Basic Rules for Safe Lifting

- Do not lift heavy objects without assistance.
- Use your leg muscles, not your back muscles.
- Keep the spinal column as straight as possible.
- Do not twist the body to either side when lifting or setting down a load.

Tips for Lifting Safely

- Pre-plan, Know where you are going before you lift. Chose a clear path.
- Face the load you are lifting.
- Increase balance by keeping your feet shoulder width apart. One foot should be slightly forward.
- Take a deep breath, and tighten your stomach muscles before you lift.
- Bend at the knees and hips, not your waist. Lift using your leg muscles to reduce the load on your back.
- Lift smoothly, don't jerk as you lift. Sudden movement and weight shifts can injure your back.
- Hold the load close to your body at waist height. Turn with your feet, not your back, to avoid twisting when lifting.

By practicing safe lifting we can help keep our back strong and healthy for a much more enjoyable life.

SAFETY FIRST — LIFT WITH YOUR LEGS NOT YOUR BACK

Safe Lifting

Proper lifting technique   A very bad idea