Back Safety
Back Activities

- Reaching, bending over, sitting
- Skiing, hiking, bike riding
- Playing with your children and grandchildren
- Working and feeling productive
80% of Americans will have a back injury that requires medical attention

Back injuries are the second most common cause of lost work time, next to the common cold

Back injuries occur more often at home than they do at work

Injured backs are often subject to reinjury

In addition to missed work, there may be a lifetime of pain
Back Parts

- Vertebrae
- Spinal cord
- Disks
- Muscles, ligaments, tendons
Potential Back Injury

- Strain or sprain
- Bulging disk
- Herniated disk
Causes of Injury

- Years of abuse
- Poor posture
- Unconditioned back
- Excess weight and potbellies
- Bad lifting techniques
Back Posture

- Maintain the back’s natural curves
- Standing
- Sitting
- Sleeping
- Changing posture and stretching
- Adaptive posture
Conditioning Your Back

- Physical conditioning
- Flexibility
- Excess weight and potbellies
Exercises

- Walking
- Stretching
- Sit-ups
- Leg lifts
- Squats
Lifting Equipment

- Powered equipment such as forklifts, powered carts, and electric pallet jacks
- Handtrucks, carts, pallet jacks
- Cranes and hoists
- Conveyors
Lifting Plan

- Size up the load
  - Weight
  - Shape and size
- Clear the path
  - Objects
  - Tight doorways or corners
- Unloading zone
Proper Lift

- Stand close with a shoulder-width stance
- Squat by bending your knees and hips
- Pull the load close and grip it
- Tighten your stomach, lift your head
- Rise up with your legs
Carrying the Load

- Make sure you can see
- Take small, stable steps
- Do not twist your back
Proper Unloading

- Squat down with the load
- Do not bend your back over with the load
- Be careful of fingers
Overhead Loads

- Shoulders level with the load
- Slide the load close
- Use your legs
Long Loads

- Pick up one end
- Place the balance point on your shoulder
- Watch the ends
Lifting Bags

- Squat down next to the bag
- Grab it at opposite corners
- Lift it up to your thigh or waist
- Stand up
- Put the load on your shoulder
Team Lifting

- Designate a person to lead the lift
- Lift at the same time
- Keep the load level
- Unload slowly together
Think About Your Back

- Don’t be lazy
- Think long term
- Don’t try to lift too much
- Consider your back in all things
Summary

- Maintain back posture and conditioning
- Use available lifting equipment
- Have a lifting plan
- Use your legs
- Always think about your back
CLICK THE LINK BELOW TO COMPLETE THE BACK SAFETY QUIZ AND THEN CLICK SUBMIT

BACK SAFETY QUIZ