

# Back Safety



# Back Activities

- Reaching, bending over, sitting
- Skiing, hiking, bike riding
- Playing with your children and grandchildren
- Working and feeling productive

# Back Statistics

- 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

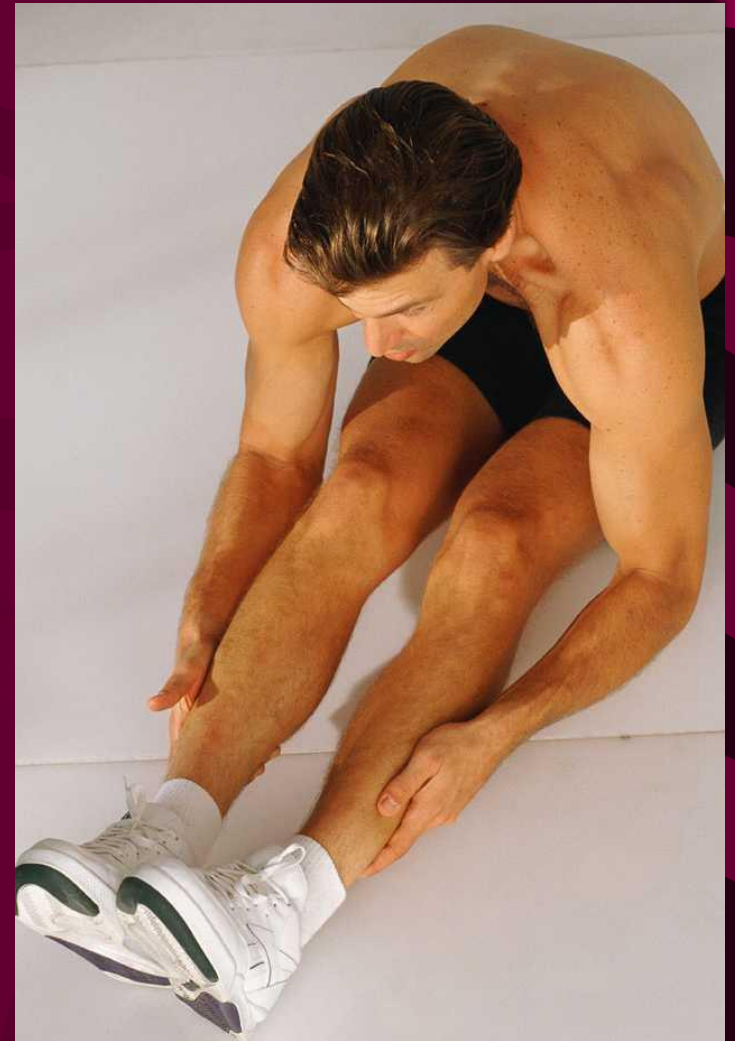
- Years of abuse
- Poor posture
- Unconditioned back
- Excess weight and potbellies
- Bad lifting techniques

# 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

