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