

# BACK SAFETY

## Avoiding a Painful Back



# OBJECTIVES



- Identify Back Safety Tips, Proper Lifting Techniques and Simple Stretches
- Demonstrate These Concepts for Injury Prevention

# The Five Leading Back Injury Risk Factors

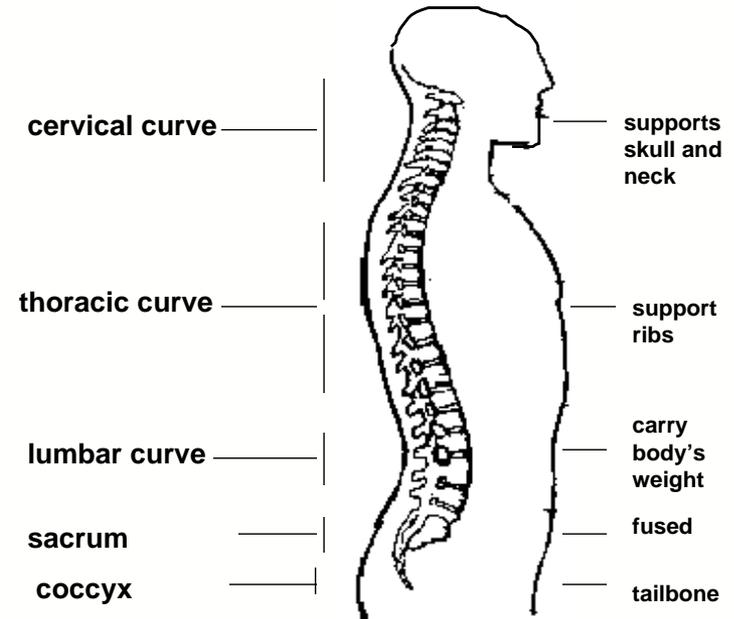


- Poor Posture
- Poor Physical Condition
- Improper Body Mechanics
- Incorrect Lifting
- Physical Jobs

# BASIC FUNCTIONS OF THE SPINE



- Providing Support
- Protecting the Spinal Cord
- Providing Flexibility to Allow Bending and Rotating



# STANDING POSTURE



- Keep Your Spinal Column Aligned in Its Natural Curves
- Prop One Foot up on a Stool to Reduce Stress in Your Lower Back



- Change (Shift) Your Posture Often
- Stretch Frequently Throughout the Day
- Keep Your Body Flexible (Not Rigid or Fixed)

# LIFT WITH COMMON SENSE!

- Assess the Load
- Is the Load Big, Bulky, Heavy?
- Do You Need Help?
- Remember- No Single Technique Will Work in All Circumstances



# THE SAFE LIFTING ZONE



- Between The Knees and Shoulders?
- Below Knee Level?
- Above Your Shoulders?



# PREPARING TO LIFT

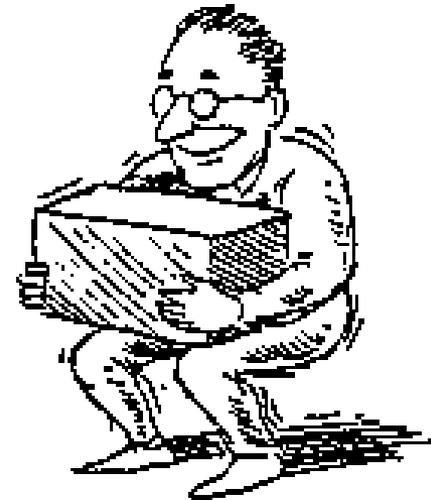
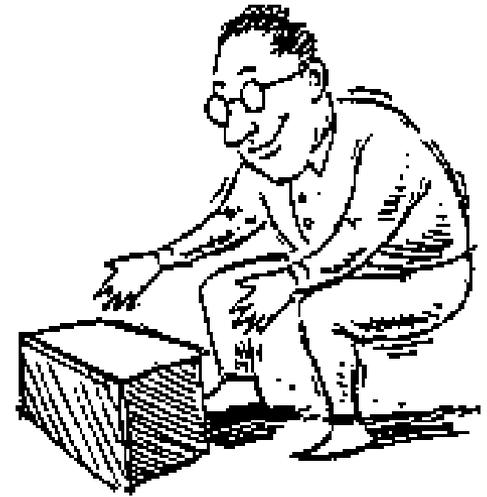


- Have You Stretched Your Muscles or Warmed up Before Lifting?
- Are You Wearing Slip Resistant Shoes?
- Have You Cleared a Pathway Before You Move the Item?

# WHEN YOU LIFT - DO



- Plant Your Feet Firmly-  
Get a Stable Base
- Bend at Your Knees-  
Not Your Waist
- Tighten Your Abdominal Muscles  
to Support Your Spine
- Get a Good Grip- Use Both Hands



# WHEN YOU LIFT - DO



- Keep the Load Close to Your Body
- Use Your Leg Muscles As You Lift
- Keep Your Back Upright,  
Keep It in Its Natural Posture
- Lift Steadily and Smoothly Without Jerking



# WHEN YOU LIFT – DO NOT



- Lift From the Floor – If possible
- Twist and Lift
- Lift With One Hand (Unbalanced)
- Lift Loads Across Obstacles



# WHEN YOU LIFT – DO NOT



- Lift While Reaching or Stretching



- Lift From an Uncomfortable Posture
- Don't Fight to Recover a Dropped Object

# EXERCISE FOR THE LOW BACK



- Exercise Keeps the Body Flexible
- Helps Prevent Injury
- Do Not Overdo!
- Follow Your Doctor's Instructions Carefully

# REMEMBER!



- Your Work Day Is only 1/3 of Your Total Day
- Plan Your Tasks Carefully to Avoid Back Pain
- Managing Your Back Is Your Responsibility

# CONCLUSION



- Stretch
- Assess the Load
- Keep The Load Close
- Lift With Your Legs And Not Your Back
- Don't Twist