



RISK REMINDER

July 2021

Preventing Back Pain

Injuries caused by poor lifting and handling practices can cause major back pain.

LIFTING TIPS

- Get as close as possible to the load and bend down at your knees, not your back.
- Pull the load close to your body and test its weight.
- Shift the weight of the load to your legs by keeping it close.
- Be sure to maintain a wide base of support throughout the lift.

CARRYING TIPS

- Look ahead to make certain your path is clear.
- Avoid stairs if possible.
- Have someone else hold doors and gates open for you.
- Change direction by moving your feet, not your hips.
- Keep your shoulders, hips and feet pointing in the same direction.
- Never twist at the waist while you are carrying something heavy.

SETTING DOWN TIPS

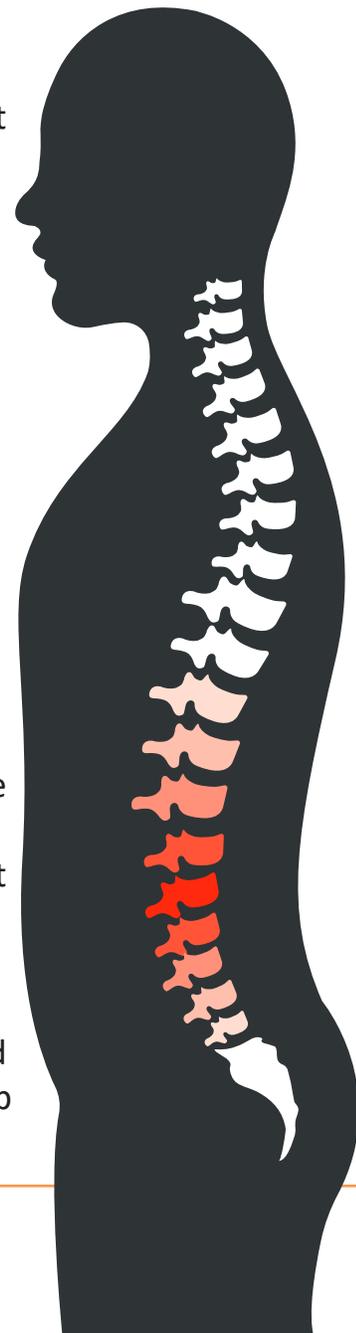
- Bend at your knees—not your waist—and set down the corner of the object closest to you first.
- Remember to keep your fingers out from under the load as you set it down.

SAFETY IS KEY

Safe lifting and carrying techniques can help you avoid strains, sprains and other painful injuries. Whatever the task at hand, make sure to ask for help when the load is too heavy for you to handle on your own.

Questions - True or False:

1. Always bend at your waist not your knees. _____
2. Get as close as possible to object before lifting. _____



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