

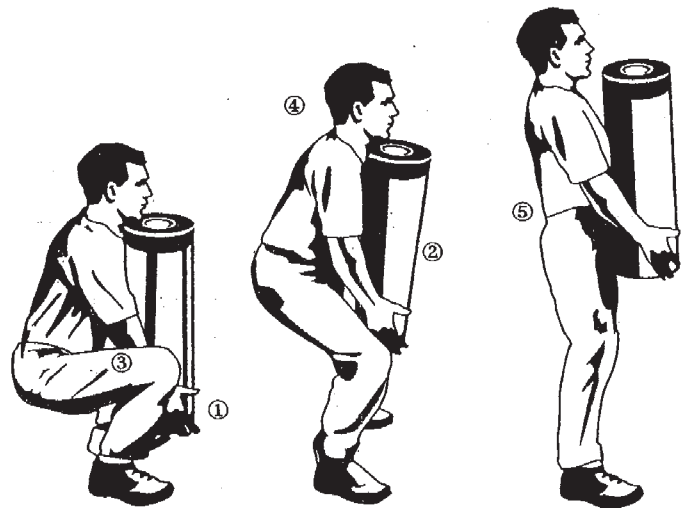


Back Injury Prevention

☛ The best way to prevent back injuries is to learn to lift properly. A few common sense tips can help you avoid injury.

- Stretch frequently throughout the day in order to loosen up and keep your muscles prepared for work.
- Check the weight of an object before you lift it, by lifting a corner of the load.
- Get help if the object is heavy.
- Use equipment such as hoists, dollies, handcarts and forklifts whenever possible.
- Check the intended path of travel before you move an object to make sure that the path is clear.
- Before lifting, place one foot beside the load and one foot behind it. Make sure your feet are placed firmly so that you will not lose your balance.

- ① Firmly grasp the object you intend to lift. Keep your arms and elbows close to your body.
- ② Always keep the object you are lifting close to your body.
- ③ Lift with your legs to support the weight. Lift the object straight up and don't twist or lean.
- ④ Hold your head up when you lift, to keep your spine in its natural curved position.
- ⑤ Do your best to maintain the curve in your lower back while lifting.



☛ It's important to maintain your body's power position.

- Doing this will greatly reduce your chance of injury and give you the most lifting power.

☛ Getting help from other employees will allow you do your job efficiently and safely.

- If an object is heavy, ask a coworker for assistance.
- Communicate with the person assisting you, so you lift the load and set it down at the same time.
- If possible, both persons should carry the load while facing forward.
- If the load is very heavy, take rest breaks.

Typically, back injury does not occur from one incident. It is the result of improper lifting over a long period of time. That's why it's so important to lift properly each and every time. You never know what will trigger a painful injury.

Back Injury Prevention Training Tips

- Demonstrate proper lifting technique.
- Have an object and ask people to lift it. Invite observations and critique from the rest of the crew.
- Ask the crew a few questions to promote discussion:
 - Have you ever pulled a back muscle lifting something?
 - Why is it important to ask for assistance?