

BACK & LIFTING TECHNIQUES

Proper lifting technique is critical to back safety but perhaps more important is proper planning.

Before you lift that box, tool or piece of equipment, take a moment to consider your action.

- ◇ Do you need to lift the item manually?
- ◇ How heavy is it?
- ◇ Do I need help?
- ◇ Where are you moving the item from?
- ◇ Where does it have to go?
- ◇ What route do you have to follow?

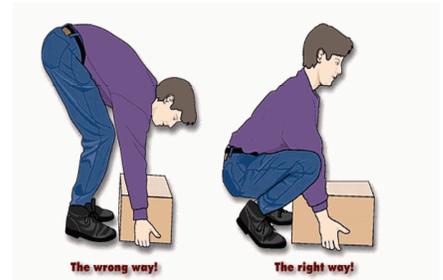


Ask your self, can I use mechanical help such as a dolly, cart, hand truck or forklift? Use mechanical help when you can. If the item must be lifted and moved manually, ask for help.

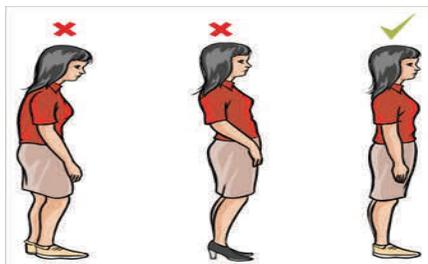
When using mechanical help, always push and not pull. This will give you better control and leverage. Also strap the load to your mechanical device to ensure it will not fall off due to sudden stops or bumps.

Moderation and balance are important considerations in care and maintenance of your back. You need the correct proportions of strength, flexibility and overall quality of life to eliminate or minimize back injuries.

Practicing proper ergonomics and lifting techniques, along with exercise, eating right and stretching, will reduce the likely hood of a back injury. If you are feeling pain, have a ergonomic evaluation done on your work station/your daily job duties. This can be done with a job task analysis.



Not all back injuries are a result of sudden trauma, Most are of a cumulative type where a repeated minor injury has flared up, or continued use of a heavy tool in the same position has caused pain, or a great deal of time is spent in the same position. Familiarize yourself and practice these techniques when lifting items on the job and at home.



Remember that most back injuries can be attributed to one of these five causes:

- ◇ Posture
- ◇ Body Mechanics/Work Habits
- ◇ Stressful Living
- ◇ Loss of Flexibility
- ◇ Poor Conditioning