



PARTNERING WITH TOWNSHIPS

# TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION **RISK REMINDER**

## Back Safety

Keeping your back healthy and strong is something you need to keep in mind at work and outside of work. Here are a few tips to help maintain a healthy back regardless of where you are:



### **Avoid Awkward Positions and Lifting from Awkward Positions**

- Reaching and lifting items from above shoulder level.

### **Concentrate on Maintaining Good Posture**

- Sit and stand so your back is in its natural S-shape alignment.
- Focus on holding your head straight and bringing your shoulders back.

### **Assess a Lift BEFORE Trying to Complete the Lift**

- Get help if the load is too heavy. Utilize equipment that is available and ask a co-worker for assistance.

### **Utilize Good Body Mechanics**

- Bend your body at the hips and knees.
- Strength should come from your legs.
- Keep the load close to your body.
- Use smooth motions throughout the lift.

**Remember after you lift, pivot and don't twist!**

**For more information, contact your Loss Control Consultant at (888) 562-7861**

**CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7**