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!