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

• Lifting Groceries from the trunk

• 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.

• When assisting a patient, enlist as much help from the patient as possible.

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 (800) 252-5059, ext. 1387 or 1384.
CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7