



TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

PARTNERING WITH TOWNSHIPS





## Back to Basics



On the job injuries due to lifting are the number one type of accident in any industry.



## The Do's and Don'ts

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|  <b>TUCK</b><br>Tighten stomach muscles and tuck pelvis to keep your back in balance.                                   |  <b>DON'T BEND AT WAIST</b><br>This is the easiest way to strain your back and cause damage to your spine.                              |
|  <b>BEND KNEES</b><br>Bend at your knees! This centers balance and distributes weight.                                 |  <b>DON'T TWIST</b><br>Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.      |
|  <b>HUG</b><br>Hold the object lifted as close to your body as possible. Gradually straighten to a standing position. |  <b>DON'T BE A HERO</b><br>If a load is just too large, heavy or awkward to carry, don't take unnecessary risks. Get someone to help. |

## SPECIAL TIPS

- ★ Make sure your footing is firm when lifting and the path is clear.
- ★ Use the same safe techniques above when setting your load down.
- ★ Long and odd-sized objects might be better handled by supporting on your shoulder, keeping the front end higher than the rear.
- ★ Use a stepstool or ladder for reaching anything above shoulder level. Test the weight before removing from a shelf.
- ★ Reaching into a lower storage area requires your feet to be at shoulder level, while squatting and bending at your hips. Keep the object as close as possible while lifting.
- ★ Your back is aligned correctly when your ears, shoulders and hips are in a straight line. If these three curves are not in balance, there is a greater likelihood of both back pain and injury.

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