



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER



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



TUCK

Tighten stomach muscles and tuck pelvis to keep your back in balance.



BEND KNEES

Bend at your knees! This centers balance and distributes weight.



HUG

Hold the object lifted as close to your body as possible. Gradually straighten to a standing position.



DON'T BEND AT WAIST

This is the easiest way to strain your back and cause damage to your spine.



DON'T TWIST

Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.



DON'T BE A HERO

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 (888) 562-7861

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