

Back Facts

It is estimated that **8 out of 10** Americans will have a back injury sometime during their lives. Preventing a back injury can be as simple as learning proper lifting and material handling techniques, eliminating excess body weight, strengthening neglected back muscles, and adopting good posture habits, with your three natural back curves in their normal position at work, home and play.



The personal pain and inconvenience caused by back problems cannot be measured. It can be calculated in dollars and cents:

Back injuries cost employers an estimated **\$6.5 billion a year**.

Prevention is the best insurance!
You are the key.

Step 1: Keep your back in mind

Step 2: Think ahead, mentally lift the load first

Step 3: Get help, if the load is too bulky

Step 4: Unlift, apply the same lifting techniques in reverse

Don't jerk as you lift; too sudden a motion can injure your back

Don't turn without moving your feet — you'll twist your back

Don't reach — move closer to the load or move the load closer to you

Remember

Push, don't pull

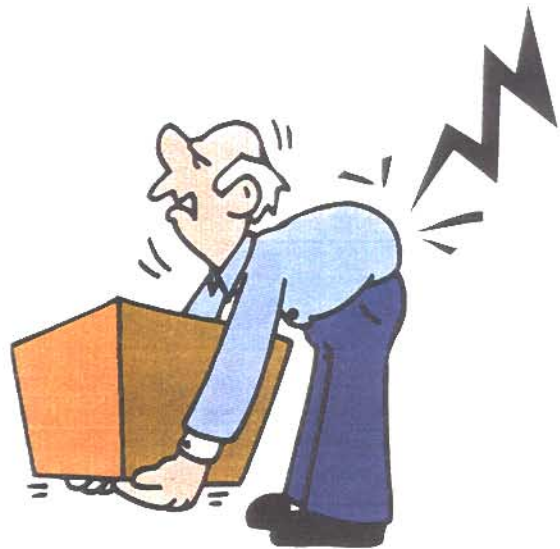
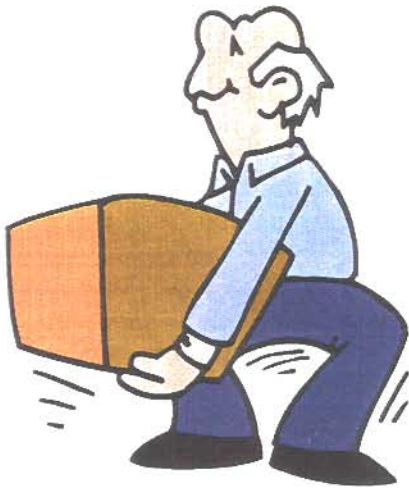
Move, don't reach

Squat, don't bend

Turn, don't twist



Lifting Safety



Think before you lift



Bend your knees, not your back



Lift with your legs



Hug the load



Avoid twisting



Keep your back straight