

# BACK INJURY PREVENTION

Back injuries are some of the most prevalent and hardest-to-prevent injuries on the job. Back injuries account for one of every five workplace injuries or illnesses



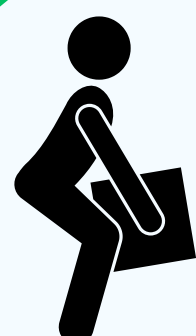
## COMMON CAUSES

- Lifting up an object
- Improper lifting techniques
- Lifting an object that is too heavy
- Twisting while lifting or carrying objects
- Repetitive lifting during a work task



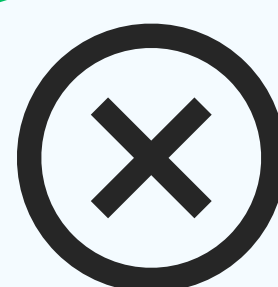
## ENGINEERING CONTROLS

- Set up work areas that are ergonomically friendly
- Install mechanical lifting devices and conveyor belts to limit object handling
- Install proper shelving to keep objects and lifts within optimal range



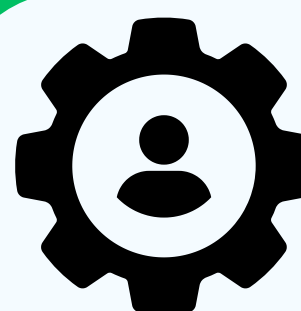
## PROPER TECHNIQUE

- Prepare to lift by warming up the muscles
- Stand close to load, facing the way you intend to move
- Use wide stance
- Maintain natural curve in back and bend at knees
- Keep load close to body
- Do not twist or side bend while lifting



## ELIMINATE

- Eliminate as many lifts as possible during the workday
- Use lifting equipment such as forklifts, heavy equipment, dollies, etc.
- Breakdown large or heavy objects into smaller, safer loads when possible



## ADMINISTRATIVE CONTROLS

- Use buddy system when lifting awkward or heavy objects
- Agree on weight limits for lifting
- Select employees who are physically capable of making the lifts of a task before work begins