Recipes for success with Back Safety

Posture

Good Posture– Keep The Curves!
• Maintain the 3 natural curves of your spine
• Keep your ears, shoulders and hips aligned

4 ways to reduce fatigue when standing:
1. Stagger your stance
2. Bend your knees slightly
3. Get a foot up whenever possible
4. Shift your positions frequently

Ask For Help

When Lifting:
• Keep your back straight
• Tighten your abdominal muscles
• Squat down to lift items from the floor
• Use your legs, not your back, to lift
• Avoid twisting- pivot your feet instead
• Keep the load as close to you as possible

When Carrying, Pushing, or Pulling:
• Keep your back straight
• Tighten your abdominal muscles
• Use your leg muscles, not your back
• Avoid twisting
• Carry a balanced load
• Utilize a cart to transport items whenever possible
• Keep the items as close to your body as possible
• It is always safer and easier to push rather than pull

Lifting Assistance
• Whenever possible, use mechanical assistance
• Seek lifting assistance for:
  1. Any loads >50 pounds
  2. Any large or bulky loads
  3. Oddly shaped loads that are difficult to handle
  4. Anything you do not feel confident lifting by yourself

When lifting with another person:
• Verbal Communication is the key
• Designate a “lift leader” to ensure that you:
  1. Lift the load at the same time
  2. Walk in step while carrying the load
  3. Lower the load together
• Scan your environment prior to the lift

Healthy Habits

• Adopt good postural habits
• Maintain a healthy body weight
• Maintain a strong back
• Maintain good flexibility
• Participate in a regular exercise program*

*Seek your doctor’s OK before starting any exercise program

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Getting the most from our research analysis

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