
Safe Lifting Techniques

Tips To Prevent Back Injuries

Back problems are a common source of pain and discomfort, but many of this can be avoided with proper lifting techniques.

Many stresses can be related to improper lifting, twisting, and bending of the back. Back problems related to these stresses include:

- Stains and sprains
- Muscle spasms
- Torn ligaments
- Ruptured or slipped disks

Back problems are not necessary all associated with work. Many of these problems can occur from posture and physical problems.

Basic rules of safe lifting

- Size up the load before you lift. Push or lift on one of the corners. If the load feels too heavy, get mechanical help. Don't attempt to lift alone!
- Bend at the knees not at the waist.
- Lift straight up.
- Avoid twisting or turning your body once the lift is made.
- Make sure you have a clear path ahead of you and a good line of sight.
- Set the load down properly, the same way you lifted. Bend at the knees!
- If there are many items to carry, break to trip up. Do not attempt to carry all at once.

If back pain occurs

- Above all, Rest. If the pain does not go away in a few days, or there is numbness in your lower limbs, seek medical attention.

Many varieties of injuries can happen to the back. Some maybe serious enough to require surgery or cause permanent disability. Back injuries can limit all your activities, on and off the job.

Think Before You Lift!

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