



Safe Lifting & Preventing Back Injuries



Session Objectives

You will be able to

- Identify general hazards
- Understand safety procedures
- Provide protection against hazards



General Hazards

- Pain & Muscle Spasms – usually caused by tension or stress
- Strains & Sprains – can result from too much exertion of weak muscles or incorrect lifting
- Slipped Discs – tears or other damage to the discs between the vertebrae
- Hernias – ruptures in the abdominal wall caused by strains from lifting

General Hazards

Biggest hazard to your back is yourself

- Poor physical condition
- Poor posture
- Extra weight
- Stress
- Overdoing



Identifying Hazards

the way you live and treat your body has a lot to do with how healthy your back is

- Avoid situations that force your back to do something it's not meant to do or not able to do
- Lifting objects that have odd shapes or varying weights
- Twisting & lifting at the same time
- Sitting or standing
- Heavy lifting
- Reaching
- Bending

healthy
•BODY•
healthy
•LIFE•

Protection Against Hazards

- Plan
 - Eliminate lifting hazards
 - Choose the straightest, flattest, and clearest route to your destination
 - Remove objects you might trip over
 - Get additional help if needed
- Slow Down
 - Walking instead of running from place to place
 - Wear shoes with nonslip soles
 - Look where you're going.
- Stretch
 - Stretch gently before lifting or other back activity
- Rest
 - Give your back the best rest
 - Sleep on a firm mattress – on your side with your knees bent or on your back with your knees elevated
- Avoid
 - Avoid lifting
 - Use material handling equipment—hoists, hand trucks, dollies

Safety Procedures

- Lifting Correctly
 - Lift with your legs, not your back
- Unloading
 - Bend at the knees
- Non-standard Lifting
 - Objects with awkward shapes
 - Objects in high places
 - Raising and lowering an object
 - Two-person lift



Additional Back Protection Tips & Techniques

- Sit up straight – good posture
- Don't sit too long
- Stand tall and straight
- If you feel back pain, stop what you are doing and contact the supervisor immediately



Material Handling

- Dollies & Hand Trucks – know how to select, load, and operate safely
- General Hazards
 - Losing the load
 - Overexertion – extra strain on your back if used improperly. Use safe lifting techniques.
 - Loading – Heavy objects on the bottom, position load forward, secure bulky or awkward objects, keep load at height you can see over
 - Unloading – Keep back straight and knees bent, walk, don't run, and look where you are going
- Protection Against Hazards
 - Safety Guidelines
 - Material Handling Aids
 - Rope – determine how much it can hold by testing a small piece with a small item. Always inspect your rope at least monthly
 - Strapping – Wear proper PPE, test strapping to make sure it can handle the planned load, cut straps with cutters – not hammers or pry bars



Key Points to Remember

- Lift with your legs, not your back
- If you think you'll need help with lifting or unloading, ask for it
- Experiencing back pain? Stop what you are doing and notify supervisor



TAKE THE QUIZ

- <https://forms.office.com/Pages/ResponsePage.aspx?id=RZJ-M6ZIREqmNwvW9nbIKxyzzaSUgJJFgf5zZdrqY-IUQ0INVdQ3UIhZWfdNREIYUkNKOFJGMIU2WS4u>

