

Safe Lifting Techniques

Did you know that lower back injuries are the #1 type of workplace injury? Back injuries account for 25% of all workplace injuries, costing employers over \$100 billion every year.

Disabling back injuries are no laughing matter for workers who lose time from work or from their personal activities. Sadly, most of the pain and lost time could have been prevented if workers had utilized safe lifting techniques.

You can keep your back healthy by utilizing the following safe lifting techniques:

- Do stretching exercises each morning.
- Lift using your legs, not your back.
- Use a firm grip while lifting; keep arms close to your body.
- Keep your back straight and your stomach muscles tight.
- Don't twist while carrying heavy objects; use your feet.
- Break down loads to manageable weights.
- Do not lift beyond your physical capacity.
- Get help; use a cart; or use a hand truck,

When we share the responsibility for safety in the workplace, everyone wins!!

