

Effects of Back Injuries

The only other cause of lost work time that is more prevalent in the workplace than a back injury is the common cold. More troubling than this, is that back injuries can result in a lifetime of pain and medical procedures. Not to mention lost money and productivity.

Did you know ...

8 out of **10** Americans will have a back injury that requires medical attention

There are four main types of back injuries:

- 1) Herniated disk
- 2) Sprain
- 3) Bulging disk
- 4) Sprain

General causes of back injuries

Most of the time there are two or more combined causes of back injuries such as out of shape backs, poor posture, bad lifting techniques or overweight or weak stomach muscles.

Activities that cause back injuries include....

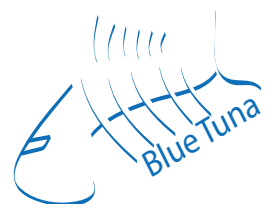
Bending over to reach an object . Sitting for an extended period of time with poor posture. Lifting without proper technique. Trying to reach into a bin or rack for an object , or by reaching above your head.

Have a Safe Lifting Plan

Before you lift have a plan ...

Decide if the load is too heavy, too large, Or is of awkward shape. Then **clear a path** and a space to move the object to. The last thing you want to have to worry about during a lift is having to move something out of your way or to not have anywhere to set the object down.

Back Safety you only have one back take care of it



Make Sure to lift Properly...



Lift objects properly by...

Starting with a strong base, bend your knees, keep object close to you, keep your head straight up and down, use your legs to rise and keep your stomach muscles tight throughout the lift. Never lift objects over your head no amount of weight is safe to carry this way. Always use lifting equipment such as forklifts, pallet jacks, hand trucks, when they are available and applicable.

Key Points to Remember ...

- Maintain good back posture
- Have safe lifting plan
- Always think about your back and it's safety
- Always use your legs while lifting
- Exercise regularly

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