

Back Injury Prevention

Lifting, carrying, and reaching are leading causes of workplace injuries. Because lifting is very much a part of everyday life, we have a tendency to lift without much consideration — until there's an injury.

By learning proper lifting techniques and the basics of back safety, you may be able to save yourself a lot of pain and a lifetime of back problems.

Key Practices

The best way to prevent back injuries is to develop habits that reduce the strain placed on your back. Here are some basic tips you can try to avoid injury:

Avoid Lifting and Bending

Store objects above ground level to avoid reaching down to pick things up.

Always Use Proper Lifting Techniques

Size up the load and ask for assistance, if needed.

Body Management

Stretch before lifting. Stretching prepares the body for movement and will help you avoid painful strains and sprains.

Remember to practice good lifting mechanics by sizing up the load and asking for help if you need it. Get a good grip on the load to be lifted, keep the load close, and keep your balance with footwork. Let your leg muscles do the work, not your back. Move your feet when changing directions of travel – don't twist your body.

Staying in good physical condition and practicing proper lifting techniques will help ensure many rewarding hours of work and play. Start today and you'll be on your way to having a healthier back.



Key Facts

Common Causes of Back Injuries

Many back injuries are the result of cumulative damage suffered over a long period of time. However, these actions, motions, and movements are more likely to cause and contribute to back injuries than others:

- ✓ Heavy lifting
- ✓ Lifting or carrying objects with awkward or odd shapes
- ✓ Reaching and lifting
- ✓ Sitting or standing too long in one position
- ✓ Slipping on a wet floor or ice
- ✓ Twisting at the waist while lifting or holding a heavy load
- ✓ Working in awkward, uncomfortable positions

Check out our [Safety Tips page](#) for more safety information.

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