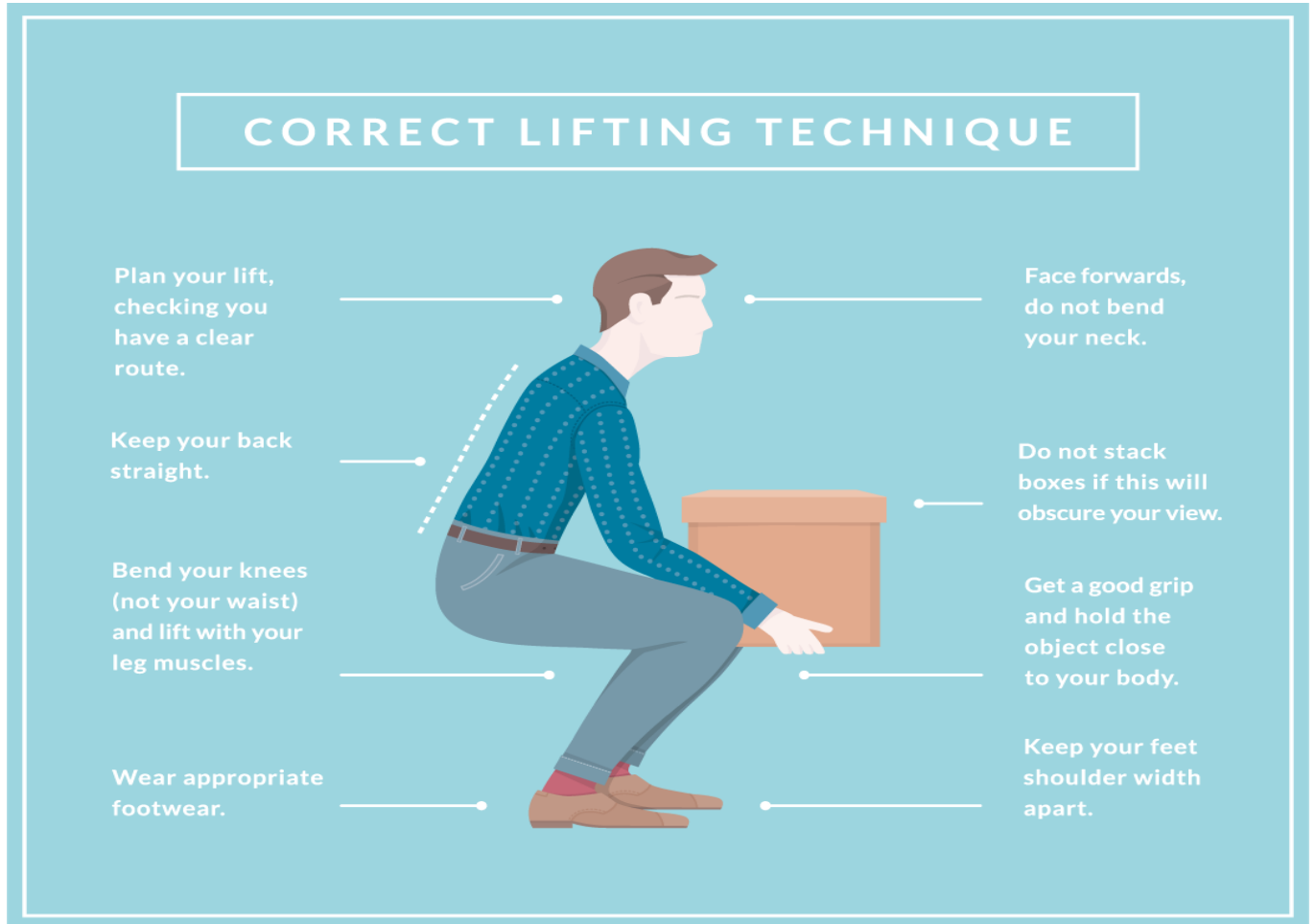


SAFE LIFTING



Why Are Proper Lifting Techniques Important:

Back injuries account for one in five workplace injuries, and 75% of workplace-related back injuries occur during a lifting task.

Every year, two million back injuries occur across the U.S.; roughly half of them – one million – are back injuries sustained in the workplace.

Back pain becomes chronic and disabling in roughly 5% of cases, and up to 44% of people who initially recover have a reoccurrence within a year. Then once you've had two episodes of back pain in a year, you're three times more likely to experience the third episode.

Put all that together, back injuries are a significant source of disability. After all, 5% of a million is 50,000 chronic and disabling cases of back pain.

Before You Lift:

Evaluate the lifting task. How much can you safely lift? Is the object large and awkward? Is it a two-person lift? Do I have a clear path of where I am going? Do I need a tool that can help – hand truck, dolly, pushcart, or gloves?

Proper Lifting Techniques:

- Standing as close to the load as possible
- Planting your feet shoulder-width apart with one foot slightly ahead of the other
- Bending at the hips and knees only until you're deep in a squatting position
- Keeping your head up and straight with your shoulders back to keep your back straight
- Holding the load close to your body at waist height
- Engaging your core muscles as you push against the ground and straighten your legs

Other Essential Tips:

- Never twist your torso while lifting. Stay "nose between your toes."
- Never lift a heavy item above shoulder level.
- Never carry a load that obstructs your vision.
- Never hold your breath while lifting, moving, and setting the load down.