BACK 2 BASICS

A common sense approach to avoiding back injuries

42% of reported musculoskeletal disorders from workplace injuries involved the back and required about seven days to recuperate.*

100%

42%

0%

1 Stay fit

Tone your muscles. Exercise your abdominal and leg muscles. The stronger they are, the less your back has to work.

Lose extra pounds. Excess weight can exaggerate the curve of the spine and strain the back.

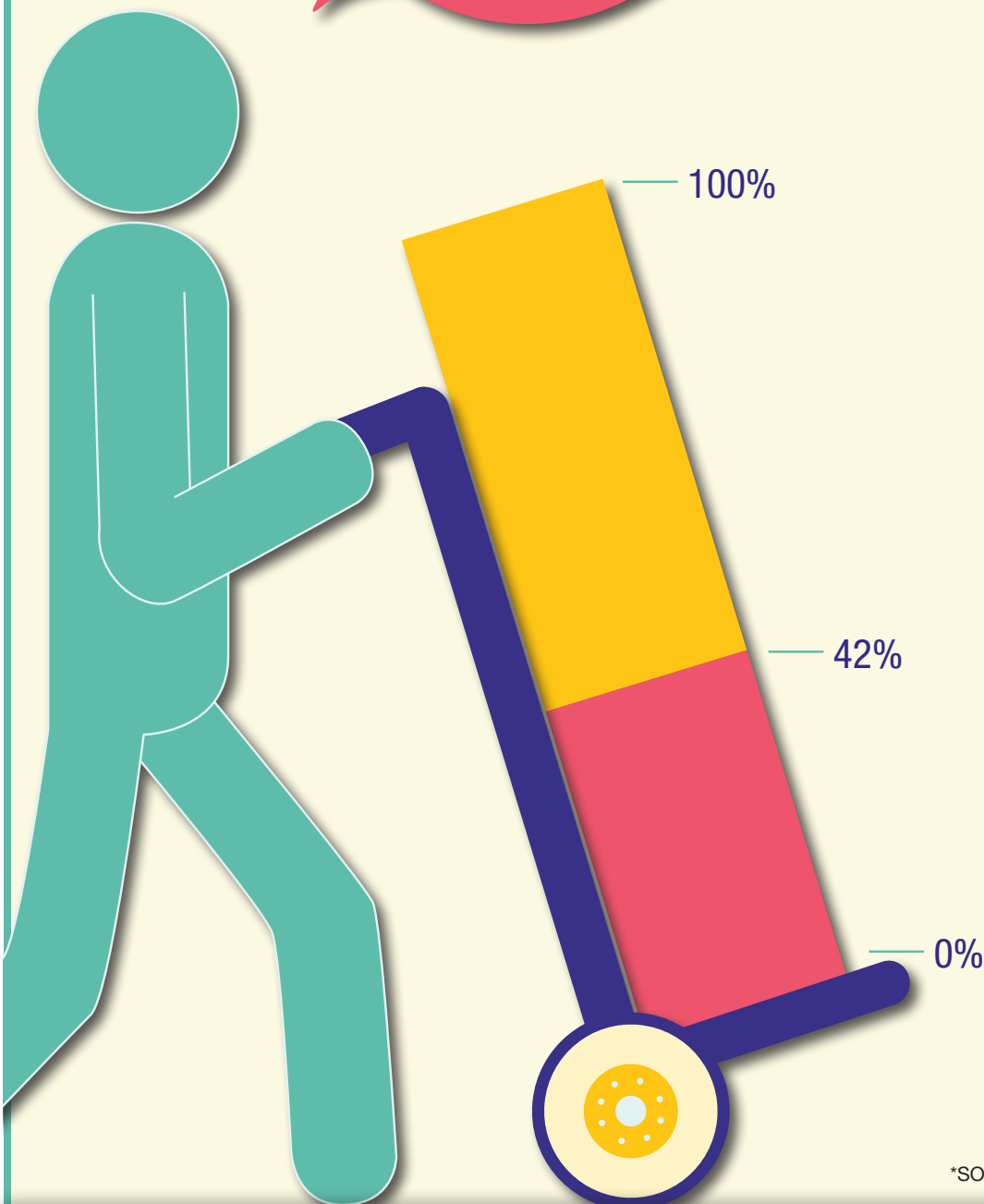**Stand up straight**. Try to keep your ears, shoulders and hips in a straight line.

2 Lift right
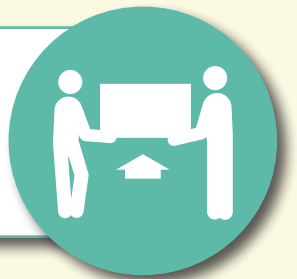
Get help. If the object is too heavy to lift by yourself, ask a coworker for assistance.

Keep your back straight if you have to squat. Also, bend at the knees and keep the load close to you.

Avoid twisting. To lift and turn, point a foot in the direction you want to go before lifting.

*SOURCE: http://www.safetyandhealthmagazine.com/articles/9008-avoid-occupational-back-injuries

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