Back Safety Topic

Back Safety

This section addresses the importance of back safety and techniques to avoid injury in the workplace.

According to OSHA, back injuries are the second most common reason for lost days of work, “Back strain due to overexertion represents one of the largest segments of employee injuries in the American workplace.” And according to The National Safety Council, 31% of all disabling work injuries are caused from overexertion. Back pain accounts for 25% of all workers’ compensation payments –nearly $10 billion annually.

What to Avoid

- Lifting Objects to a high shelf
- Lowering objects from a high place
- Lifting from a hard to reach place
- Drums, Barrels or Cylinders
- Awkward objects

Techniques to Avoid Injury

If lifting objects to a higher surface, make shoulders at equal height as the surface lifting to by using a platform or stepstool. Lift the object(s) in increments, steadying the object at mid body length before lifting. When lowering the object(s) from higher surface, push up on object to test the weight and stability. Slide the object(s) as close to yourself as possible prior to lifting. Lifting from a hard to reach place can be more difficult. Get as close as safely possible, keep the back straight and tighten stomach muscles push buttocks out behind you and bend knees. Never use your back to lift, instead use legs, stomach and buttocks. Take exceptional precaution when lifting drums, barrels or cylinders as these loads can shift suddenly. As with other objects, always plan the best way to grip an object prior to its

transportation.

Lifting Options

If an object appears excessively heavy for one, never try to lift it alone. Instead make use a “team lift”. To even further reduce risk of back injury, when possible employ the use of machinery to supply additional support.

For Further information please contact the National Safety Council at

800-621-7615 or visit nsc.org

Company Name:_____ Date: _____

Safety Recommendations: _____ _____

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