Ways to Save Your Back

- When possible push items rather than pull
- Avoid awkward postures
- Avoid twisting and bending while performing tasks
- Take frequent short stretch breaks
- Avoiding carry a load more than 10 ft
- When possible use a dolly or cart for additional help when moving heavy items
- When lifting a large load always try to get the help of another

Most back problems occur over a period of time. Always pay careful attention to lifting on the job and at home. Maintaining fitness and strength through regular exercise will help maintain a healthy back!

References


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Risk Factors

- Age
- Body Positioning and Posture
- Repetitive Motions
- Reaching and Twisting
- Physical Labor
- Physical Inactivity
- Weight of Object
- Size of Object
- Location of Object
- Path of Travel

Ways to Make Lifting Less Hazardous

- Utilize mechanic aids such as lifts, conveyors, or automated material handling equipment.
- Reduce the size or weight of object being lifted.
- Carry the load in pieces if possible.
- Adjust the height of shelving units to safe reaching distances.
- Maintain physical condition and stretching exercises to reduce risk of muscle strain.
- For the least amount of strain carry objects between knee and shoulder height.
- When pulling a chart the handle should be between

Lifting and Carrying Techniques

- Plan Ahead
  - Make sure footing is secure
  - Path of travel is clear
  - Note how far will you have to carry the object

- Size up the load
  - Can you grasp it securely?
  - Test load by lifting corner
  - Use gloves to improve grip

- When lifting...
  - Keep the load as close to your body as possible
  - Lift smoothly and slowly
  - Avoid lifting overhead
  - Do not twist while lifting
  - Get help with large loads

- When setting the load down
  - Let your legs do the work
  - Keep back straight and bend knees
  - Avoid leaning over
  - Maintain firm footing with wide stance

- Tighten abdominal muscles to help support back