

AVOIDING BACK INJURIES

SAFETY TALK

grinnellmutual.com

Your back bears amazing pressure but is also delicate. Back injuries are the most common workplace injury. By spending a few minutes learning proper lifting technique, you could save yourself the agony of back pain. Back injuries don't just mean aches and pains; they also cost millions of dollars every year in medications and lost time from work.

WHAT TO AVOID

1. Lifting more weight than you can handle
2. Lifting too much without help
3. Lifting with your back, instead of with your legs

If your job allows little movement, it is important to watch your posture and change your working position often. Rest the muscles that are in constant use to avoid tension.

CHECKLIST

- Have you determined the center of gravity in order to keep the load balanced?
- Have you checked for nails or other protrusions that could cause cuts or other injuries?
- Did you squat down to lift with your knees, not your back? Avoid bending over to pick up objects.
- Is the load close to your body? Are you carrying it at knuckle height?
- Is your back straight, are your feet apart, and your stomach pulled in?
- Did you check to make sure your path is free of obstructions or slipping hazards?
- Do you know your limits and ask for help with heavy or awkward loads?
- Do you watch for pinch points before setting the load down?
- Do you use handgrips when climbing in or out of a truck cab?
- Did you make sure the steps up to the cab are dry and clear?
- Do you have an ergonomic work station?

THINGS TO THINK ABOUT

1. What conditions can you think of at our workplace that could cause a back injury?
2. What materials do people lift at our work site that may cause an injury?
3. What materials at our work site should be lifted mechanically?
4. Are there any specific points or problems you wish to discuss?

ACCIDENTS ARE PREVENTABLE. LEARN MORE AT GRINNELLMUTUAL.COM.

The information included in this publication and program was obtained from sources believed to be reliable, however Grinnell Mutual makes no guarantee of results and assumes no liability in connection with its use. It is the user's responsibility to comply with any applicable regulations or laws. Information obtained from or via Grinnell Mutual should not be used as the basis for legal advice, but should be confirmed with alternative sources. Grinnell Mutual Reinsurance Company, Grinnell Mutual, and coordinating logos or marks are registered trademarks of Grinnell Mutual Reinsurance Company. © Grinnell Mutual Reinsurance Company, 2019.