

BE KIND TO YOUR BACK: IT SHOULD LAST A LIFETIME

SOLUTIONS TO COMMON BACK INJURY HAZARDS.

Back injuries usually occur over time and not suddenly. These solutions can help you create a work environment that prioritizes back safety and minimizes injuries.



Instead of lifting something from floor level to knee height:

- Place your heaviest items on shelves at heights between knee and shoulder levels.
- Raise the height of the lifting surface by placing 3 or 4 empty pallets underneath it.
- Use mechanical means (hoists, forklifts, hand truck, conveyor, etc.) whenever possible.

Use good handles and grab holds for better control of what you are lifting:

- Buy boxes with built-in handles.
- Place loose boxes into crates with handles.
- Team lift if items are large or bulky.

Arrange your workplace to minimize twisting or reaching actions:

- Position bins or work items to accommodate movement within a 45-degree angle, so your arms can move items without overly twisting the body.
- Perform pivot turns by pivoting your feet and turning the whole body, rather than twisting at the waist.
- Create a flexible environment where workers of different heights can change layouts to meet their needs.

Provide additional comforts if workers perform their jobs standing in a stationary location:

- Fatigue mats to stand on.
- Quality air insoles for shoes.
- Standing footrest for one foot to rest on at a standing workstation.