Back Safety Training 2016
• According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year.

• Back injuries account for ¼ of workplace injuries
The amount of force you place on your back during lifting may surprise you! Think of your back as a see saw, with the pivot point in the center. On a see saw it only takes ten pounds of pressure to lift a ten pound object.
Your waist acts like the pivot point on a see saw, with a 10:1 ratio. Lifting a ten pound object puts 100 pounds of pressure on your lower back.
When you add in the 105 pounds of the average human upper torso, you see that lifting a ten pound object actually puts 1,150 pounds of pressure on the lower back.
Proper Lifting

The wrong way!  The right way!
Bend Your Knees

Bend at your knees, not your waist. This helps you keep your center of balance and lets your legs do the lifting, not your back.

- Your legs are stronger than your back!
"Hug" The Load

Try to hold the object as close to your body as possible, as you gradually straighten your legs to a standing position.
Avoid Twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees and torso are pointed in the same direction when you are lifting.
Lifting Tips

- Come up with a plan
- “Test” the object before you lift
- Ask for help
- If team lifting, have one person take the lead and lift together
- Warm up before you lift (stretching/light exercise)

- Vasily Alekseyev
Don’t Be a Homer!

Always lift safely.

If it’s too heavy, ask for help!
Common Causes of Back Injuries

Heavy lifting can injure the back, especially when it is repetitive and over a long period of time.

NOTE: If you injure your back, you are more likely to have a re-injury.
Common Causes of Back Injuries

Twisting at the waist while lifting or holding a heavy load...this often happens when using a shovel...
Common Causes Of Back Injuries

Reaching and lifting…

Over your head, across a table, or out the back of a truck…
Common Causes Of Back Injuries

Lifting or carrying objects with awkward or odd shapes...
Common Causes Of Back Injuries

Working in awkward, uncomfortable positions…
Common Causes Of Back Injuries

Sitting or standing too long in one position can be very hard on the back…
Common Causes Of Back Injuries

It is also possible to injure your back slipping on a wet floor, ice, etc…

Might end up being more than just your back!
Use Equipment to Help You
Exercises that work your back, hips, thighs, and abdominal muscles can minimize back problems…
Warm up slowly and exercise regularly…
Exercise

Wall slides will strengthen your hips, thighs, and lower back…

Stand with your back against the wall, feet shoulder-width apart. Slide down into a crouch with knees bent to a 90° angle. Count to 5 and slide back up. Repeat 5 times…
**Exercise**

Leg raises will strengthen your legs and lower back…

Lie on your stomach and raise one leg from the floor. Hold for a 10 count and return leg to floor. Do the same with the other leg. Repeat five times with each leg…
Crunches will strengthen your abdominal muscles....

Lie flat on your back, knees bent and feet flat on the floor. With your hands supporting the head and neck, slowly raise head and shoulders off floor. Count to 10 and repeat 5 times...
Knee raises will strengthen your legs and abdominal muscles...

Lie on back, knees bent and feet flat on floor. Raise knees toward chest. Do not raise head or straighten legs as you lower them. Repeat 10 times...
Lie on your stomach, hands under shoulders, and push up. Raise top half of your body as high as possible. Keep hips and thighs on floor. Repeat 10 times…
Exercise

Stand with feet shoulder-width apart. Place hands in small of back. Keep knees straight and bend back at waist as far as possible. Hold for a couple of seconds. Repeat as needed.
Use proper lifting techniques
Exercise on a regular basis
Place objects up off the floor
Use carts, dollies, and other lifting devices whenever possible
Test the weight of an object before lifting by picking up a corner
Get help if the object is too heavy
Back Safety Review

https://www.youtube.com/watch?v=vMkxrs8irU8