Safety Talk: Back Safety

According to the Bureau of Labor Statistics, back injuries account for approximately 20% of all work-related injuries. In 2013, the average time spent away from work due to a back injury was seven days.

Steps to a proper lift:

1. Plan the lift – size up the load to see if you need some help to lift the object.
2. Stand as close to the object as possible.
3. Keep your feet shoulder-width apart.
4. Tighten your stomach muscles.
5. Bend at the knees.
6. Get a good, firm grip on the load.
7. Hug the load.
8. Lift with your legs.
9. Avoid twisting and awkward movements.
10. When carrying: keep the load between hip and shoulder height.
11. When unloading: bend at your knees and keep your back straight.

**For more information:**

Back Safety and Ergonomics training are required upon employment.

Online Training Available on Chalk!