

BACK SAFETY TIPS

I. INJURIES ARE PAINFUL

- A. Back injuries can be serious
- B. Most people will recover with rest and medication
- C. Back injuries can be avoided

II. APPROPRIATE STORAGE OF ITEMS

- A. Place heavy items in shelves between hip and shoulder height
- B. Break down bulk shipment to smaller components before shelving them
- C. Use smaller vessels to dip liquids out of large bulk containers

III. USING THE APPROPRIATE POSITION

- A. Estimate the weight of the load place your feet shoulder width apart
- B. One foot slightly in front of the other
- C. Squat with your knees, do not bend at the waist
- D. Keep the load close to your body
- E. Keep your body straight to the load, avoid twisting

IV. ESTIMATE THE WEIGHT OF THE LOAD

- A. If sharp edges are present use gloves
- B. Grasp the upper corner and tilt the object slightly
- C. If too heavy, use mechanical device or get help with the load
- D. Consider the rigidity or floppiness of the load

V. FREQUENCY OF LIFTING

A. People who lift frequently can still get hurt

1. Overconfidence
2. Carelessness
3. Twisting the torso
4. Trying to lift something too heavy

B. People who lift infrequently can avoid injury with care

VI. AVOID TWISTING THE BODY

A. The small muscles of the lower back get injuries by twisting the back with load outstretched.

B. Turn your entire body, avoid stretching out

VII. ASSUME A GOOD GRASP TO AVOID SLIPPING AND REGRASPING

VIII. ASSURE YOUR FOOTING IS SOLID

IX. MAINTAIN YOUR FITNESS

A. Your personal fitness can play a part in your getting injured

1. Posture
2. Weight
3. Stress

X. LIVE LOADS

- A. When walking a patient, assure they are stable and balanced
- B. If they lose balance, go down with them trying to protect them from injury
- C. Use the mechanical lifts with assistance
- D. Make Transfers with assistance
- E. It is better to have too many rather than too few on a lift
- F. Take extra care with patients who may struggle

XI. PERSONAL PROTECTIVE EQUIPMENT

- A. Gloves (Where applicable)
- B. Mechanical devices
- C. Co-Workers
 - 1. It is easier to spare a few minutes to help a co-worker than to have to cover for them for days or weeks while they recover from injury

XII. REPORT INJURIES RIGHT AWAY TO YOUR SUPERVISOR