

Texas State Technical College

Harlingen

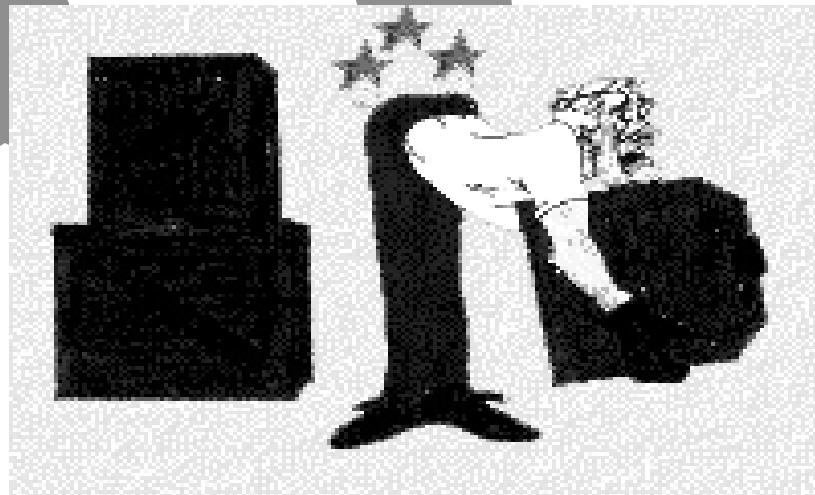
SAFE LIFTING

Avoiding a Painful Back



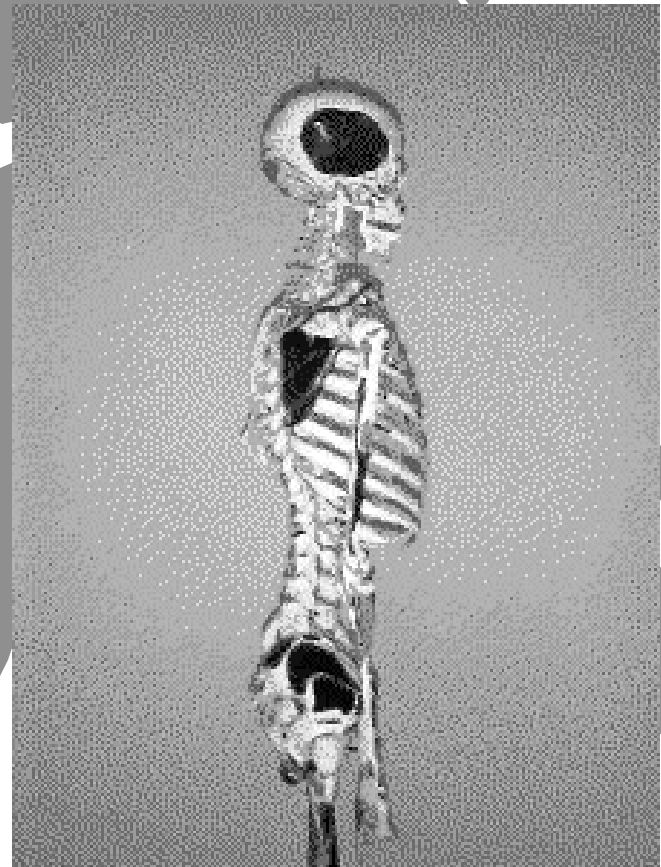
The Five Leading Back Injury Factors

- ◆ Poor Posture
- ◆ Poor Physical Condition
- ◆ Improper Body Mechanics
- ◆ Incorrect Lifting
- ◆ Jobs That Require High Energy



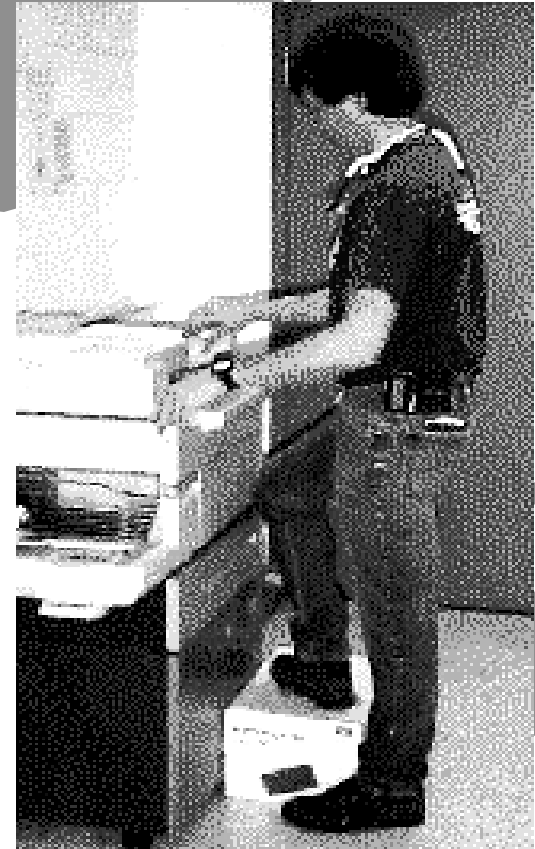
THE SPINE'S BASIC FUNCTIONS

- ◆ Providing Support
- ◆ Protecting the Spinal Cord
- ◆ Providing Flexibility to Allow Bending and Rotating



STANDING POSTURE

- ◆ Keep Your Spinal Column Aligned in Its Natural Curves
- ◆ Prop One Foot up on a Stool to Reduce Stress in Your Lower Back



STRETCH OFTEN & SHIFT POSITIONS

- ◆ Change (Shift) Your Posture Often
- ◆ Stretch Frequently Throughout the Day
- ◆ Keep Your Body Flexible (Not Rigid or Fixed)
- ◆ Don't Force Your Body to Conform to Its Workspace



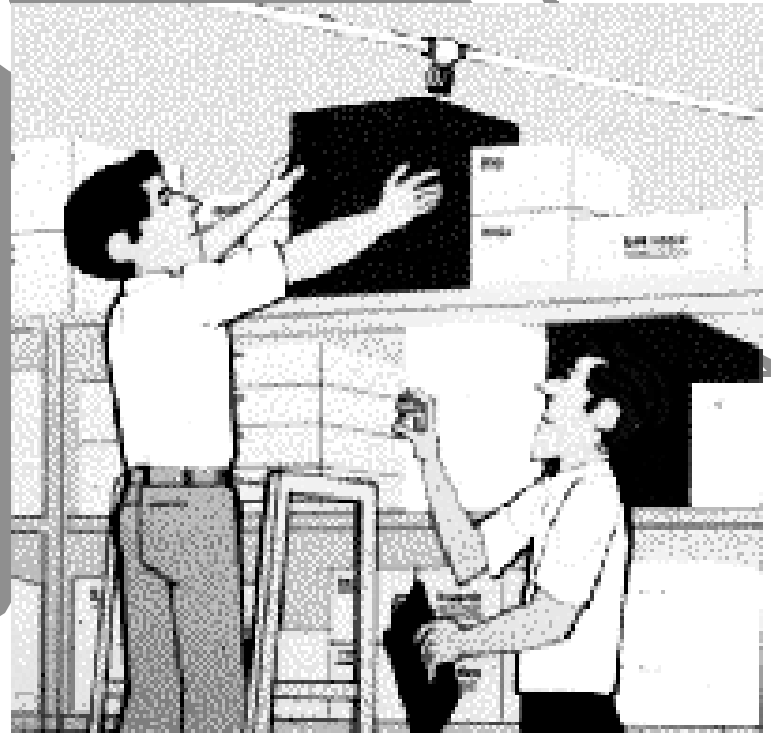
LIFT WITH COMMON SENSE!

- ◆ Assess the Situation
- ◆ Is the Load Big, Bulky, Heavy?
- ◆ Do You Need Help?
- ◆ Remember- No Single Technique Will Work in All Circumstances



THE SAFE LIFTING ZONE

- ◆ The Safe Lifting Zone Is Between the Knees and Shoulders
- ◆ Below Knee Level? Bend With Your Knees and Lift With Your Legs
- ◆ Above Your Shoulders? Use a Stool or Ladder



PUSH-- DON'T PULL

Can You Slide
It Instead of
Lifting It?



Do you need equipment to help move it?

Must you twist or stretch to get it?

- ◆ Use Proper Equipment

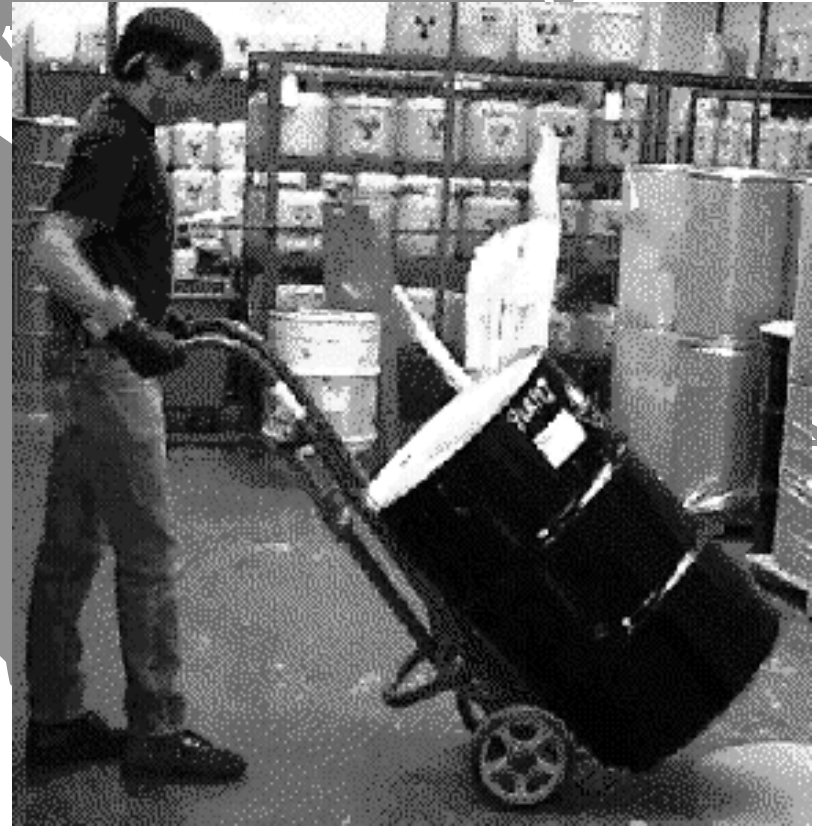
- Hand Trucks

- Forklifts

- Dollies

- ◆ Readjust the Load or Your Position Before You Lift

- Get Help!



PREPARING TO LIFT OR MOVE

- ◆ Have You Stretched Your Muscles or Warmed up Before Lifting?
- ◆ Are You Wearing Slip Resistant Shoes?
- ◆ Have You Cleared a Pathway Before You Move the Item?



WHEN YOU LIFT

Do

- ◆ Plant Your Feet Firmly- Get a Stable Base
- ◆ Bend at Your Knees- Not Your Waist
- ◆ Tighten Your Abdominal Muscles to Support Your Spine
- ◆ Get a Good Grip- Use Both Hands



WHEN YOU LIFT

Do

- ◆ Keep the Load Close to Your Body
- ◆ Use Your Leg Muscles As You Lift
- ◆ Keep Your Back Upright, Keep It in Its Natural Posture
- ◆ Lift Steadily and Smoothly Without Jerking



WHEN YOU LIFT

Do Not

- ◆ Lift From the Floor
- ◆ Twist and Lift
- ◆ Lift With One Hand (Unbalanced)
- ◆ Lift Loads Across Obstacles



WHEN YOU LIFT

Do Not

- ◆ Lift While Reaching or Stretching
- ◆ Lift From an Uncomfortable Posture
- ◆ Don't Fight to Recover a Dropped Object



EXERCISE FOR LOW BACK PAIN

- ◆ Keeps Body Flexible
- ◆ Helps Prevent Injury
- ◆ Do Not Overdo--
Follow Doctor's
Instruction
Carefully





REMEMBER!

- ◆ Your Work Day Is One Third of Your Total Day
- ◆ Plan Your Tasks Carefully to Avoid a Painful Back
- ◆ Managing Your Back Is Your Responsibility