



# Safe Lifting Training

Avoiding a Painful Back

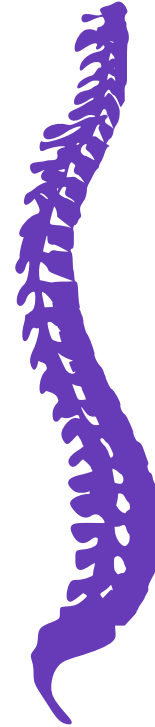
Environmental Health and Safety



# The Five Leading Back Injury Risk Factors



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





# Back Injuries



- Are exceeding painful, difficult to heal, and have an effect on everything you do
- It is important to learn how to avoid injuring or re-injuring your back



# Why Injuries Occur

- Contributing Factors such as poor physical conditions
- Poor Posture
- Extra weight
- Overdoing it
- It is best to maintain the back in its natural “S” shaped curve. Avoid leaning forward when you sit, or hunching while standing
- Don't be afraid to ask for help when lifting something heavy!

# Basic Rules for Good Lifting

- Assess the load before you lift
- Can you lift a corner?
- Can you get to the item?
- Do you need to move something to gain better access?





# Preventing Back Injuries

- Avoid lifting and bending whenever you can.
- Place objects up off of the floor; that way you don't have to reach down to pick them up
- The best zone for lifting is between your shoulders and your waist.
- Put heavier objects on shelves at waist level, lighter objects on lower or higher shelves



# Preventing Back Injuries

- Avoid lifting and bending whenever you can
- Use carts and dollies to move objects instead of carrying them yourself.



# Remember the basic rules of good lifting:

- Bend your knees
- Get a good hand hold
- Center yourself over the load
- Lift straight up, let your legs do the work
- Don't twist or turn







Please direct any questions about the training to the EH&S Office

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