

BODY MECHANICS FOR LOW BACK SAFETY



LIFTING

- Always check the weight of the object prior to lifting
- Engage your core to stabilize the low back.
- Keep the load close to your body
- Lift with your legs, not your back
- Avoid twisting

What Can I do?

1. At work, try to vary your tasks to avoid repetition
2. Lift smaller loads
3. Ask for help if the load is too great
4. Ask for and provide feedback throughout your work environment.
(accountability)

Avoid injury this winter while shoveling

- Buy a shovel with long handle to be upright.
- Lift a smaller load, especially when snow is heavy
- Step in the direction you are dumping the snow to avoid twisting at the waist.
- Take rest breaks that include getting your low back out of a forwardly bent position
- Lift with your legs, and NOT with your back

