



# North Carolina Wing Weekly Safety Blast



## 2018 - Topic #27 – Back Injury Prevention

### Reason for this Blast:

Your back is in motion all day, even when you sleep. It bends when you sit, twists when you turn, lifts when you stand and supports you when you walk. By learning a few back injury prevention techniques, you will be able make your day safer.



### ➤ Safety Points:

1. Here are a few back injury prevention techniques:
  - When you are driving, make sure your back is well-supported and that you use good posture. To prevent back strain, keep the steering wheel close enough that your knees are slightly flexed and higher than your hips.
  - As you lift, position your feet close to the load and squat – do not bend down. Rise to a standing position, using the strong muscles in your legs rather than the weaker ones in your back. Do not twist your body when carrying the load. Lower yourself to a squatting position as you set it down. When you have to lift an object, always plan ahead.
  - If you sit a lot, take several short breaks by standing up and doing a few minutes of stretching exercises. If your job requires you to stand all day, try placing one foot on a slightly higher surface to relax tight back muscles.
  - When you sleep at night, curl up on your side and place a pillow between your knees for added support. If you do sleep on your back, place pillows under your bent knees to relieve the strain on your back muscles.
2. Questions you should ask yourself in planning to lift ahead of time:
  - How am I going to lift the item? Can I do it myself or should I get some help?
  - How heavy is the item? Do I need to use mechanical assistance?
  - Where am I taking the item being lifted? Is the area clear where I need to set it down?
  - Is it a difficult path or a distance to go?
  - What hazards may hamper the lift or obstruct the travel path?

### MAIN DISCUSSION POINT OF THIS SAFETY BLAST

**Using safe lifting techniques and planning ahead will help prevent back injuries at home and work.**