GIVE YOUR SPINE A REST!

Do you lift and carry objects properly?

Unfortunately, back injuries are a common occurrence. They are not only costly to DOTD but are extremely painful to the injured. Therefore, follow these safety tips when lifting and / or carrying objects.

1. Plan the lift before you start. How heavy is it? Do you need a helper or dolly to move it safely? Are there any special precautions?

2. Lift an edge of the object to get an idea of its weight. If it’s too heavy, get help or use a hand truck or other lifting device. Don’t exceed your lifting capacity!

3. Stand close to the load with your feet firmly on the floor.

4. Squat down with your back straight. Your knees should be bent and your stomach muscles tight.

5. Grip the load firmly, and make sure that you can safely carry it before you start to move.

6. Stand up slowly, lifting with your legs and keeping your back straight as you stand. Keep the object close to your body in order to maintain balance and control.

7. Never twist your body when carrying a heavy load.

8. Place the load down smoothly and slowly, letting your legs do most of the work.

Note the effect that posture can have when combined with lifting different size loads:

Although back support belts are not required to be worn at this time, they are available for your use. Remember, if you choose to wear a back support belt, training is required on how to wear it, when to wear it, and its limitations.