

PROTECT YOUR BACK

Back Safety

The back is made up of a group of bones called vertebrae held together by ligaments and cushioned by discs. This whole structure is called the spine. Your back affects our ability to perform activities both at home and at work, and it is important to keep healthy.

How Can Lifting Harm Your Back?

- Your back works to support your upper body when you stand or sit. The upper body can weigh 80-120 pounds.
- Lifting adds extra weight to your back.
- When you bend at the waist and lean forward to lift, your body weight becomes part of the load. The Further away the load is from your body, the greater the workload placed on your back. (One foot increases workload tenfold.)
- Excessive and repetitive force can stretch and tear ligaments and discs, eventually leading to pain and possible injury.



How Can You Protect Your Back?

- Position yourself close to the load. Approach the corner of the item and spread your feet at least shoulder width apart.
- Bend your knees while lifting your head and chest to keep your back in a neutral position.
- Rotate forward & tip the load towards you. This creates "handles" to grip & raises the load off the floor to easier lift.
- Lift with your legs like an elevator; don't bend over and use your back like a crane.

STAY SAFE AND AWARE!



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