

WCASD Safety Committee

SAFETY FIRST

Common Causes of Back Injuries

- ◆ Trying to lift too much
- ◆ Twisting or bending while lifting
- ◆ Reaching and lifting
- ◆ Carrying awkward objects
- ◆ Working in awkward positions

Proper Lifting Techniques

- ◆ Test the load before lifting
 - ◆ Stand close to load with feet spread apart with one foot slightly in front of the other
 - ◆ Squat down bending at knees **NOT** at waist
 - ◆ Get a firm grasp on the load
 - ◆ Lift load slowly with legs **NEVER** twist
 - ◆ Keep load close to your body
 - ◆ Wear comfortable, supportive shoes
- * To place object down below waist level follow above procedure in reverse order

Tips for Successful Lifting

- ◆ Pack boxes at a comfortable weight for yourself to handle
- ◆ Ask a co-worker for help
- ◆ Use a hand truck or dolly to move heavy or awkward items

