Back injuries account for nearly 20% of all workplace injuries and illnesses and cost the U.S. an estimated 20 to 50 billion dollars per year. Here are some ways to prevent back injuries.

**Make or improve hand grips**

**Minimize the weight**
Move smaller loads at a time

**Do not twist**
while lifting/carrying

**Stretch**
before & after

**Push or Pull**
instead of lifting whenever possible

**Test the weight**
before fully engaging

**Get help**
Turn with your feet, not with your spine

**Use mechanical assistance**

**When you must lift, use good technique**
- Keep back straight
- Squat down to the load
- Keep load close to body
- Straighten your legs to lift

Office of Environmental Health & Safety

MONTHLY SAFETY TOPIC
SAFE LIFTING

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