

PROTECT YOUR BACK

Your Health and Back Pain

Most people think that back pain results from lifting heavy objects. You can minimize the strain on your back when lifting heavy objects. You can minimize the strain on your back when lifting by using safe lifting techniques as well as getting help or using lifting equipment when needed.

Lifting Truths

- The traditional "squat lift" where you bend at your knees is not for everyone. The deep knee bend:
 - Places high stress on your knees
 - Throws off your balance.
 - Uses high amounts of energy.
 - Makes it harder to get close to the load.
- The "power lift" puts you in a "semi-squat" position. It promotes bending at both your hips and knees. Advantage include:
 - Places the load close to your body to reduce force on your back.
 - Improves balance.
 - Uses less energy and time.
- Twisting when lifting increases strain on your back and puts you at greater risk of injury.
 - Keep your *nose* and *toes* pointed the same direction.
 - Use your feet if you have to turn, not your back.
- Getting a secure grip on the load reduces the work placed on your back.
 - Tip the load to make handles. This brings it closer and reduces bending.



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Wisdom Is Greater Than Strength

- Keep materials off the floor. Don't lower things you'll have to lift later.
- Use leverage techniques to make the lift easier.
- Get help and coordinate the lift when needed.
- Use mechanical aides when feasible.

Visit CSUDH Environmental Health and Safety for more information.