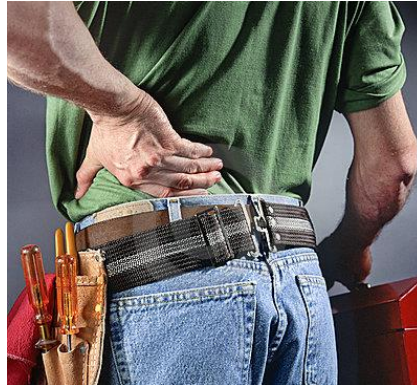




OHSA Training Toolbox Talk #01

Backs

Have you ever given much thought to your back? It's there when you need it, but only if you don't abuse it.



The back is made up of four major parts: The spine, nerves, muscles, and the spinal cord. All of them must work together. If they don't, you could end up with anything from a strain to a ruptured disk and fractured vertebrae.

Things you can do to prevent back injuries include using work-saving devices that can assist you:

- Hand trucks
- Forklifts
- Wheelbarrows
- Dollies

When you have an object to lift that is too heavy or bulky, get help! Ask a co-worker for their assistance. Remember, 'two backs are stronger than one.'

Now, what can you do when you have to do some lifting?

- Consider the object to be lifted.
- Think about how you are going to hold the load and make sure there is a clear path of travel so you won't stumble.
- Before you lift, stand close to the object, bend down at the knees and straddle it, get a good grip, and lift with your legs while keeping your back straight.
- The secret is to let your legs do the work.

It doesn't have to be a heavy load - even a small, very light object lifted incorrectly can trigger a back injury.

Avoid the misery of a sore back. Think before you lift - then do it correctly.

