

\*\*\*Please sign in on back, and submit to Luke Jackson in HR\*\*\*



### MARCH 2020 SAFETY TALK – PREVENTING BACK INJURIES

Back injuries are caused by lifting and carrying heavy materials, working in awkward positions, and bending often to lift materials off the ground. Typically, these tasks lead to strain injuries, which is one of our most common, and expensive workplace injuries here at Colorado Mesa University. Ask yourself, or amongst your department:

- Have you or someone you know ever had a back injury from lifting and carrying? If so, what happened?
- Was it worth it?
- How could the injury have been prevented?

Here are some safety tips to avoid experiencing a back injury of your own:

- Whenever possible, use mechanical equipment like a dolly to move heavy objects horizontally
- Plan your lifts; make sure the path is clear and you are facing the direction of travel before lifting
- Ask for help with heavy or awkward objects
- Avoid twisting your body while carrying an object
- Coordinate and practice team lifting before using it for moving objects
- While lifting, tuck in your chin to keep your neck straight, and keep your back as straight as possible
- Lift with the leg muscles, which can help protect your back
- Don't count on a back brace to save you