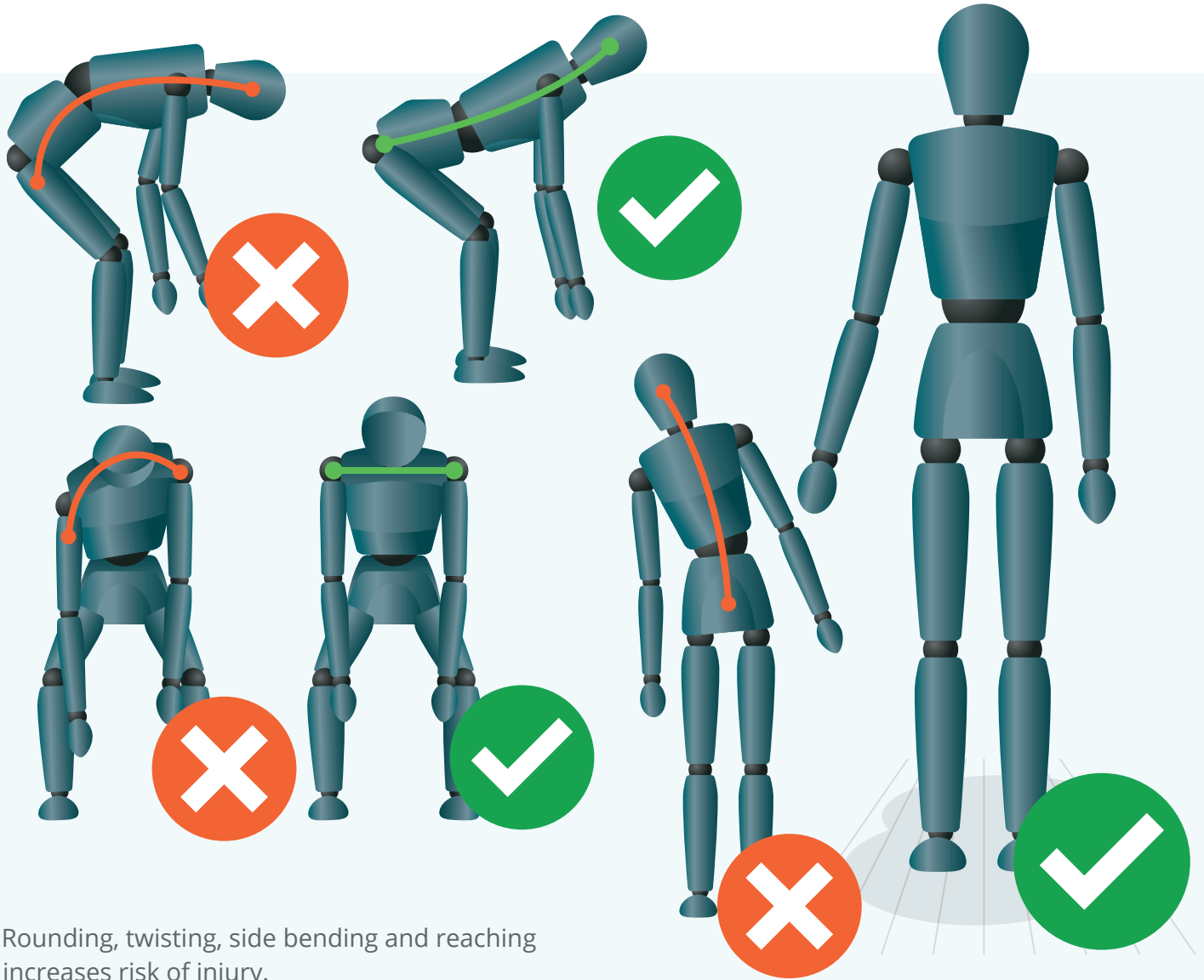


Positioning the Body to Reduce MSD Injury Risk

FOCUS ON THE LOW BACK

The low back is the most commonly injured body part due to workplace hazards in Canada.



- Rounding, twisting, side bending and reaching increases risk of injury.
- Keep good spine posture and limit spine movement to reduce injury when lifting or handling loads.

Whole body positioning should be part of a holistic ergonomics program that involves engineering and administrative controls for modifiable tasks. The hierarchy of controls should be followed when addressing hazards.



For more info visit:
msdprevention.com

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Centre of Research
Expertise for the
Prevention of
Musculoskeletal Disorders

**Work
shouldn't
hurt**

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Examples of Tasks:



DID YOU KNOW?

- To reduce risk of injury:
 - **A** Avoid repetitive rounding, bending, and twisting of the lowback
 - Keep the load close to the body
- Low back injury consequences include:
 - Missed time from work
 - Decreased job satisfaction and quality of life
 - Decreased confidence in work-related tasks
 - Delayed return to worktasks

KEEP IN MIND

- When handling heavy loads:
 - **B** Limit rounding, bending and twisting of the low back
 - Maintain a firm grip on the load
 - Prepare the body (or low back) by shifting or tilting the load before handling
 - **C** Keep the load close to the body by moving the feet to improve leverage
 - Position the feet to improve balance and optimize applying force
 - Try to modify activities to minimize load handling frequency and time

LEGEND

GREEN – No action required if tasks are not held or repeated for long periods and no MSD symptoms are reported. Continue to monitor for MSD symptoms and check after workplace or process changes.

YELLOW – Investigations and improvement needed in the longer term. Investigation and improvement needed immediately if MSD symptoms are present.

ORANGE – Further assessment or improvement needed immediately.