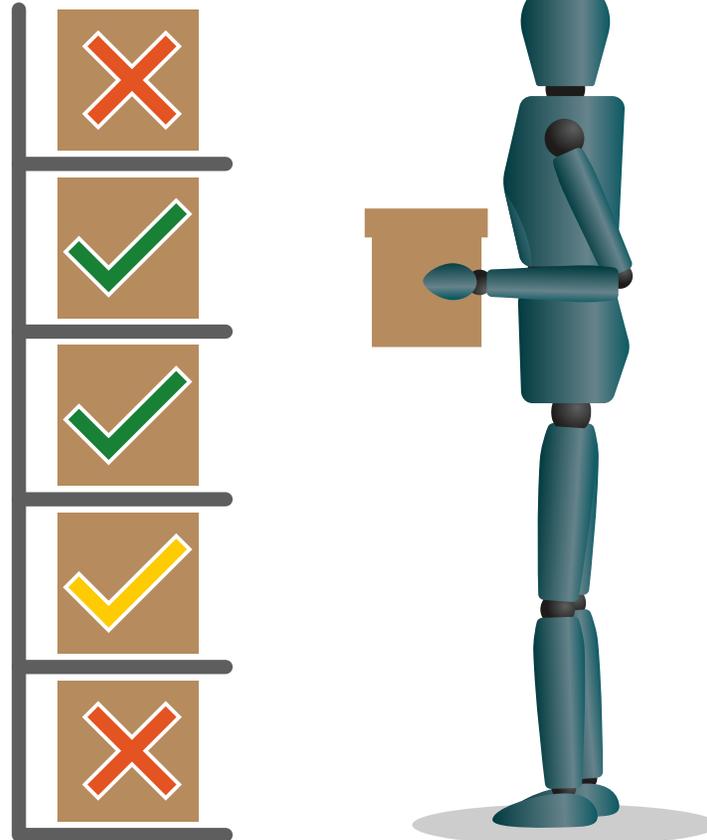


1



Store it off the floor

- Store objects between knee and shoulder level. Waist level is best.
- Store items off the floor to minimize bending.
- Use tables, benches, or stands to get work off the floor.
- Store infrequently used objects on the floor, and use carts or equipment to move heavy items.



Store it off the floor

Ideas for a healthy back

Use these ideas to improve tasks at work and at home.

- Use lift assist devices, hand trucks, or handling devices to avoid actually lifting items by hand.
- Minimize floor level work by using tables, benches, and stands to keep items off the floor.
- Place commonly handled and heavy items at waist height.
- Even under ideal conditions (load is waist high, close to your belly button, and only lifted occasionally), controls are required when lifting more than 23kg (50lbs).
- Team lift: Use a partner, who is ideally close to your size and strength.
- When lifting, bend at the hips and don't round your back. Stick your butt out while pointing your chest forward to keep your back straight.
- Keep the object close to your body or between your legs.

- Changing activities and building rest periods into the job allow the body to recover: See poster 6.

Did you know?

- The closer your hands are to the ground while lifting, the more likely you are to hurt your back.
- Lifting from the ground puts extra stress on your spine and puts it in a weak position...a bad combination!
- Even bending to pick up a pencil from the ground can overload your back. Your upper body is heavy!
- Risk of injury is higher when lifting from the floor than from waist level, even if you bend your knees and lift with your legs.

Improve your workplace

- Keep asking yourself and others, "Why does the job require lifting from the floor?" until you understand the problem.

What are we going to do today to keep our backs healthy while working?

1

2

3

Whatever changes you make, check that you are not creating any new problems.