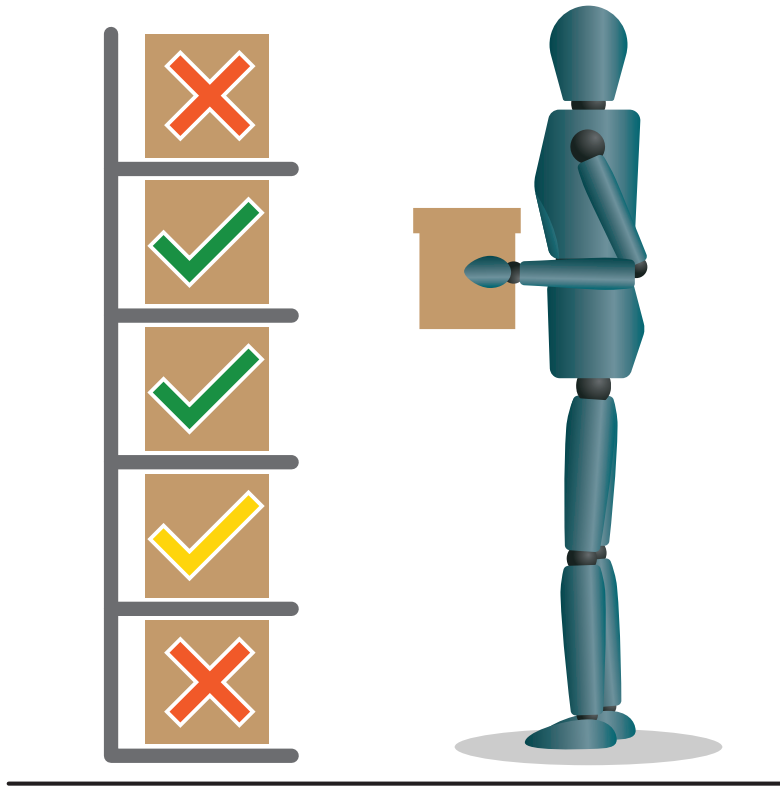


1



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.



For more info visit:
msdprevention.com

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Centre of Research
Expertise for the
Prevention of
Musculoskeletal Disorders

**Work
shouldn't
hurt**

Store it off the floor

Ideas for a healthy back

Use these ideas to improve every task 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: use 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), control lifting more than 23kg (50lbs) by hand.
- Team lift: use a partner, ideally close to your size and strength.
- Bend at your hips: butt out, “proud” chest, don’t round your back.
- Keep the object close to your body or between your legs.
- Changing activities and rests built into the job allow the body to recover: See MSD Tip #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 load on your spine and puts it in a weakened position...a bad combination!
- Even bending to lift 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

- Ask yourself and others, “Why does the job require lifting from the floor?” until you get to the bottom of 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.