



SAVE YOUR BACK



GOOD POSTURE

When standing, sitting or bending to pick something up, avoid slumping the shoulders and maintain good posture.



POSITIONING

When lifting and carrying items, position them below the shoulders and above the knees to reduce strain. If items are too heavy requiring a change in posture, get help or a lifting device.



LIFTING AIDS

Push rather than pull loads to help maintain the spine's natural curve.

BE ALERT TO:

Any position or working posture that distorts the spine from its natural curve.

This puts imbalanced pressure on the discs, and can strain arm, leg or back muscles.

THIS INCLUDES:

Work tasks that require reaching and stretching away from the body while handling materials.

Save Your Back Training Guide

Below are questions and talking guides for saving your back.

Good Posture

What are actions to take to avoid slumping?

1. Bend at the knees not the back.
2. When leaning, keep the back straight.
3. Whether standing or sitting, keep shoulders back, head level and core pulled in.

Positioning

If an item cannot be carried at the recommended height it may be too heavy. What actions could be taken if that is the case?

1. Use a dolly to assist
2. Use a cart to assist
3. Ask for help and team lift with another employee

Keeping the Natural Curve

What can we do?

1. Stand and sit up straight
2. To avoid tension from being in one position for too long, move around. Get up, stretch out and walk around every hour.
3. Do simple stretches to relieve tension and improve posture such as squeezing shoulder blades together and stretching arms high or behind the back.

Conclusion

The main takeaway is to always be conscious of posture and work to correct it regularly throughout the day no matter the activity being done. Set reminders if needed at first.