



**JACKSON BUREAU OF FIRE SAFETY  
FIRE DISTRICT No. 1 & 3  
200 Kierych Memorial Drive  
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**WWW.JACKSONFIREDIST3.ORG**

## *Back safety*

Back injuries account for one of every five workplace injuries or illnesses. Back injuries are exceedingly painful, difficult to heal and they have an effect on everything that you do. If you have ever experienced a back injury you already know this. What you may not know is that if you have experienced one, you are much more likely to experience another one.

Many back injuries cannot be attributed to a single causal factor, they tend to be the result of cumulative damage suffered over a long period of time. Certain actions, motions, and movements are more likely to cause and contribute to back injuries than others, such as:

- \* Heavy lifting
- \* Twisting at the waist while lifting or holding a heavy load
- \* Reaching and lifting
- \* Lifting or carrying objects with awkward or odd shapes
- \* Working in awkward, uncomfortable positions
- \* Sitting or standing too long in one position
- \* Slipping on ice or a wet floor

### Proper Lifting Techniques

- Squat to lift and lower. Do not bend at the waist.
- Keep the weight as close to you as possible.
- Bow your back in and raise up, with your head first.
- If you must turn, turn with your feet, not your body.
- Never jerk or twist.
- Put the weight down by keeping your low back bowed in.
- Keep your feet apart, staggered if possible.
- Wear shoes with non-slip soles.

### Other Risk Factors For Back Injury

- |                       |                                    |
|-----------------------|------------------------------------|
| + Slouched sitting    | + Smoking                          |
| + Lack of proper rest | + Loss of strength and flexibility |
| + Obesity             | + Poor nutrition                   |

