

Preventing Back Injury



Best Practices for Safe Lifting



Up to

80%

of all adults will
experience
back pain during
their lifetime

Back injuries are consistently the leading cause of time loss claims, according to WCB Alberta.

Standard advice for safe lifting practices includes doing a **squat lift**, by placing the load between your knees and lifting with your legs.



What YOU can do!



1. Think about your **POSTURE**

→ try to maintain the natural curve to your spine when lifting

2. **CONTRACT** your abdominal muscles

→ this will make your spine nice and strong

3. **AVOID** twisting

→ this will increase the risk of injury, as your back will be less stable

4. Hold it **CLOSE**

→ this will reduce strain on the back muscles



BE ALERT. BE SAFE.

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