

MAFES Dawg Tracks



November 2, 2009

Preventing Back & Other Lifting Injuries



Back Injuries are the most common type of injury in the workplace. In 2007, there were 236,000 cases that involved lost-time work days...50 percent of these were from lifting. The agriculture industry is very vulnerable to these types of injuries because of the nature of the work.

The medical profession refers to our backs as a fine-tuned sophisticated piece of machinery, made up of many bones, nerves, muscles and supporting tissues. It's like a fine machine that we use every day - in ways that we don't even realize. It's like any piece of machinery. We must take proper care of it each day. The better care we take of our backs, the better our performance will be. If we fail to take proper care of it, we will experience pain in the hips, joints, neck, head and maybe some lost time from work. Finally, we may be undergoing physical therapy or surgery and sometimes both of these.

TIPS FOR LIFTING:

- Don't bend over an object that you are lifting. Bend your knees and squat in front of the object you will be picking up.
- Lift the object slowly and carefully, utilizing your arms and legs, making it easy as possible on your back.
- Keep your head up, concentrating on what's in front of you.
- While lifting, keep the object as close to your body as possible.
- Keep your abdominal muscles tight while making the lift.
- Use the same technique when you get ready to put the object down.

- Use ladders properly to prevent falls and back injuries. Don't climb any higher than the 4th rung from the top of a straight ladder and the 2nd rung from the top of a stepladder.
- Report or clean up all spills. They offer the potential for a slip, trip or fall.
- Limit your bending or twisting. Try to place objects on tables rather than floors. This way you won't have to bend over to reach the object.
- Check the weight of the object if the size appears more than one person can handle.
- Before you start to lift, double check in both directions to make sure that the walkways and aisles are clear. Clutter in aisles and walkways present the potential for a slip, trip, or fall, which could result in a back injury.
- If you determine that the object is more than you can safely lift, call for help or get a forklift for assistance.

Try to implement all the tools that we have to emphasize safety, but remember that the final responsibility rests in each of us individually. The most powerful and effective safety program is you and I.

*~DON'T BE A FOOL, CAUSE
SAFETY IS COOL~~
LET'S MAKE IT OUR RULE~*

+ + + + +

*ONE SAFE ACT CAN LEAD
TO ANOTHER!!*

Ted Gordon-Risk Mgmt. / Loss Control Mgr.

MAFES / MSU-ES

(662) 566 - 2201 7/31/2009

Excerpts: www.nsc.com

www.thezenith.com