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**BACK INJURIES -- NATION'S #1 WORKPLACE SAFETY PROBLEM**

“Preventing back injuries is a major workplace safety challenge. According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. Further, one-fourth of all compensation indemnity claims involve back injuries, costing industry billions of dollars on top of the pain and suffering borne by employees.

In a recent study it was determined that up to one-third of compensable back injuries could be prevented through better job design (ergonomics).” - ***U.S. Department of Labor*** *Program Highlights, Fact Sheet No. OSHA 89-09*

**Keys to Proper Lifting**

1. Stand close to the object to be lifted.
2. Spread your feet wide apart to straddle the object.
3. Squat, bending your knees and hips, keeping your back in proper alignment.
4. Contract your stomach muscles.
5. Lift by using the work of your leg muscles, not your back.
6. When lifting with another person, one person should say when to lift, walk and unload.
7. Do not twist as you lift. Instead, pivot with your hips and shoulders in line and shift your weight.
8. Mentally prepare, by planning what you are going to do.

