Back Injuries and Prevention – Picture This



One of the best ways to protect yourself from bodily harm when lifting, pushing or pulling is to use proper equipment, technique or ask for help. Take the time to examine the object and know your personal limits.

Remember these key factors when lifting, pushing or pulling: the objects weight, the object's weight distribution and shape, the horizontal distance of load from the body, the object's vertical location, how long you handle the object, your

lifting posture and your grip.

Moral: Always ask for help if the object exceeds your limit.