# Back Safety Topic




This section addresses the importance of back safety and techniques to avoid injury in the workplace.

According to OSHA, back injuries are the second most common reason for lost days of work, “Back strain due to overexertion represents one of the largest segments of employee injuries in the American workplace.” And according to The National Safety Council, 31% of all disabling work injuries are caused by overexertion. Back pain accounts for 25% of all workers’ compensation payments –nearly $10 billion annually.

**What to Avoid**

- Lifting Objects to a high shelf
- Lowering objects from a high place
- Lifting from a hard to reach place
- Drums, Barrels or Cylinders
- Awkward objects…