

ERGONOMICS AND BACK SAFETY

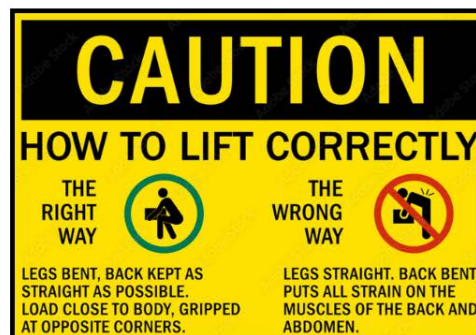
Back injuries don't just happen from heavy lifting. They can happen when you're carrying materials, twisting, reaching, pushing, pulling, doing the same movement over and over, or working in awkward positions.

Before starting a task, take a minute to check the weight and size of the load, clear the path, set up the work area and ask for help or use equipment when needed.

Small adjustments can reduce strain and help prevent injuries.

ASSESS THE RISK TO YOUR BACK

- LIFTING HAZARDS
- ELIMINATING POTENTIAL FOR INJURY



BC Forest Safety

Safety is **good** business



ERGONOMICS AND BACK SAFETY



LIFTING HAZARDS

- Strains and sprains occurring from lifting heavy, bulky or awkward loads.
- Twisting, reaching or bending during work
- Repetitive tasks that put stress on muscles and joints.
- Poorly set up work areas, tools or workstations.
- Carrying loads long distances or without a secure grip.
- Ignoring early aches and pains until they turn into a more serious injury.

ELIMINATING POTENTIAL FOR INJURY

- Use mechanical aids such as dollies, hand carts, or other equipment whenever possible.
- Complete an MSI (Musculoskeletal Injury) Risk Assessment before starting the task.
- Look for ways to reduce the amount of force, time, and repetition involved in the job.
- Before lifting, check the load's weight, your grip, the travel path, and where you're placing it.
Scan the QR Code below to use the WSBC Lift/Lower Calculator.
- Keep loads close to your body, maintain solid footing, bend at the knees and turn your whole body with your feet instead of twisting your back.
- Set up your work area so tools, materials and parts are within easy reach to minimize bending, stretching, kneeling and overhead work.
- For repetitive tasks, take breaks, rotate duties, and stretch regularly.
When safe to do so, push loads instead of pulling them. Keep routes clear and avoid overloading carts or yourself. *Scan the QR Code below to use the WSBC Push/Pull/Carry Calculator.*
- Report any pain or discomfort early. Addressing issues right away can help prevent a more serious injury.

REMEMBER

Work smart, keep your body in a safe and comfortable position and don't hesitate to speak up if a task feels unsafe or is causing strain.

If you're regularly lifting heavy or awkward items, let your supervisor know so proper equipment, such as dollies or hand carts, can be provided to make the job safer and easier.



WorkSafeBC –
Lifting in the
Workplace Video



WorkSafeBC –Back
Talk for workers
including Lift/lower
Calculator and Push/
pull/carry Calculator

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