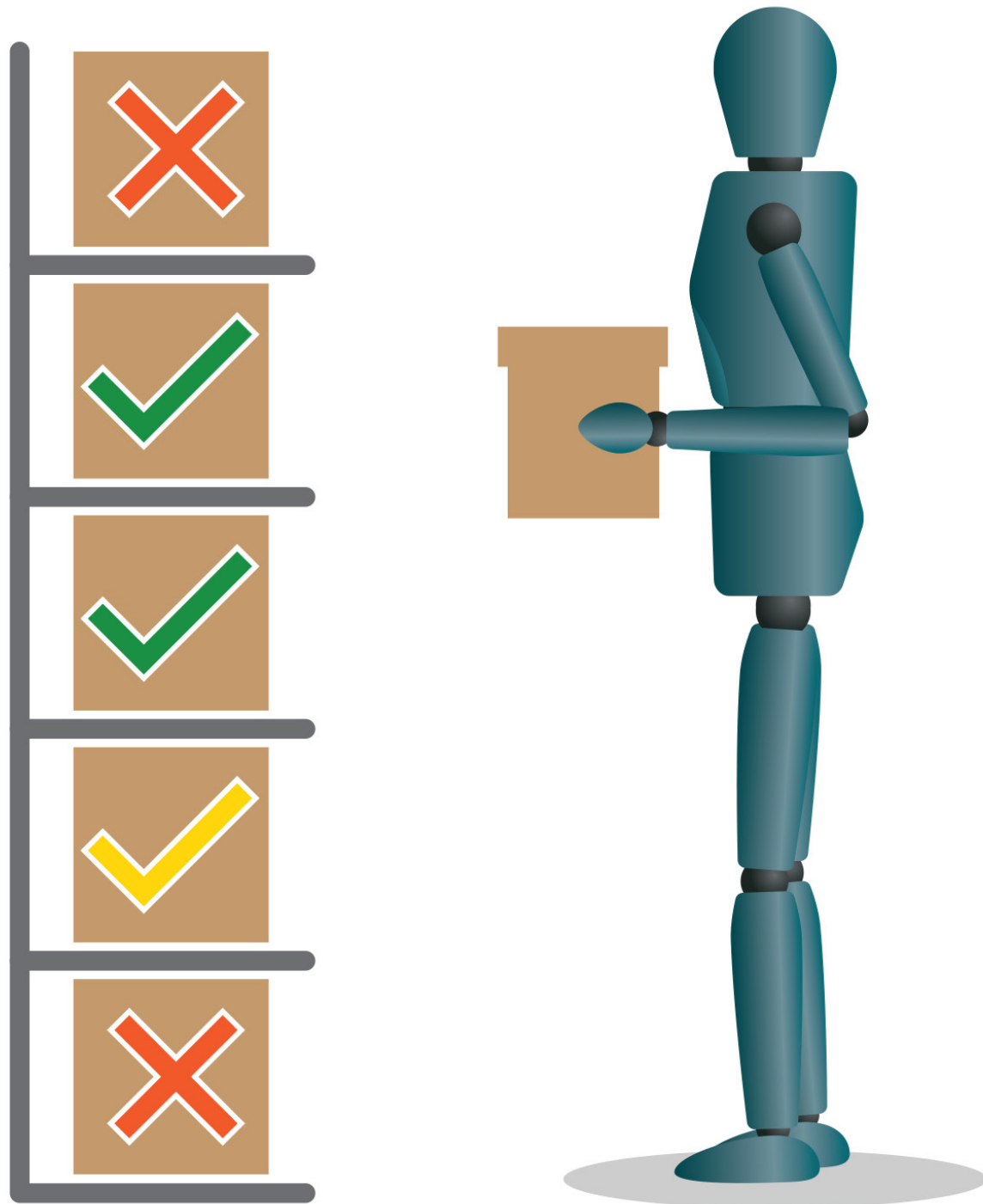


01

Store it off the floor



- Store objects between knee and shoulder level. Waist level is best.
- Use tables, benches or stands to get work off the floor.
- Store items off the floor to minimize bending.
- Store infrequently used objects on the floor, and use carts or equipment to move heavy items.



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Ideas for a healthy back

Use these ideas to improve every task at work and at home.

- Use lift assist devices, hand trucks or handling devices to avoid actually lifting items by hand.
- Minimize floor level work: use tables, benches and stands to keep items off the floor.
- Place commonly handled and heavy items at waist height.
- Even under ideal conditions (load is waist high, close to and in front of the body), limit lifting more than 50lbs (23kg) by hand.
- Team lift: use a partner, ideally close to your size and strength.
- Bend at your hips: butt out, “proud” chest, don’t round your back.
- Keep the object close to your body or between your legs.
- Changing activities and building rest periods into the job allow the body to recover.

Did you know?

- The closer your hands are to the ground while lifting, the more likely you are to hurt your back.
- Lifting from the ground puts extra load on your spine and puts it in a weakened position... a bad combination!
- Even bending to lift a pencil from the ground can overload your back. Your upper body is heavy!
- Risk of injury is higher when lifting from the floor than from waist level, even if you bend your knees and lift with your legs.

Improve your workplace

- Ask yourself and others, “Why does the job require lifting from the floor?” until you figure out the cause of the problem.

To learn how your organization can pledge to prevent MSDs, visit:

nsc.org/msd

For questions, comments and suggestions please contact:

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