



PARTNERING WITH TOWNSHIPS

# TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION RISK REMINDER

## Safe & Proper Lifting

A large number of back injuries result from unsafe or improper lifting. Correct posture and knowing your personal lifting limits will more often than not prevent a serious & possibly debilitating back injury.

Correct Posture is achieved when your back is in alignment with your ears, shoulders and hips. If these three curves are not in balance, there is a greater likelihood of both back pain and injury.

### When Lifting Remember To:

**Tuck** - Tighten stomach muscles and tuck pelvis to keep your back in balance.

**Bend Knees** - Bend at your knees! This centers balance and distributes weight.

**Hug** - Hold the object lifted as close to your body as possible. Gradually straighten to a standing position.

### Always Avoid:

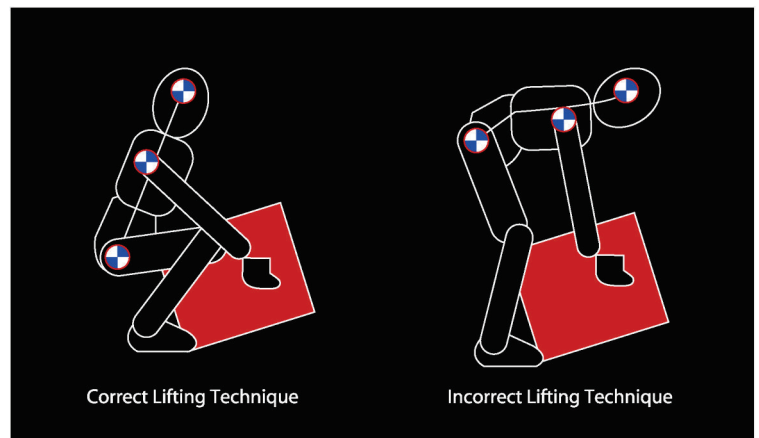
**Bending At Waist** - This is the easiest way to strain your back and cause damage to your spine.

**Twisting** - Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.

**Being A Hero** - If a load is just too large, heavy, or awkward to carry don't take unnecessary risk.

### Tips to Remember when Lifting:

- Make sure your footing is firm and the path of travel is clear.
- Use a stepstool or ladder for reaching anything above shoulder level. Test the weight before removing from a shelf.



**For more information, contact your Loss Control Consultant at (888) 562-7861**

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7