



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER



## Preventing Back Injuries

**Back injuries on the job can cost a business big money. And once you've had a back injury, you're four times more likely to suffer another one. All this can be easily prevented by taking proper precautions on the job.**

### Proper Lifting

Improper lifting causes most back injuries.

- When lifting, keep your back and neck in alignment, and bend at the knees, not at the waist. Use your leg, abdominal and buttocks muscles to do the work.
- If you feel any pain, stop lifting.
- Avoid trying to lift objects that are too heavy for you.
- Ask for help, or use a dolly or cart to push (rather than pull) heavy loads.

### Stretch

Stretching can help loosen tense back muscles, making them less susceptible to injury.

- Perform stretching exercises before work and during breaks.

### If You Have Back Pain

- Some over-the-counter medications, such as ibuprofen or aspirin, can relieve back pain and reduce inflammation. If back pain persists, see your doctor.
- Sit with an electric heating pad on your lower back. To avoid accidental burns, use the heating pad for no more than 20 to 30 minutes at a time. Remove the pad for at least 10 minutes between sessions.

### Posture

Poor posture is one of the major culprits in the growing incidence of back, neck and shoulder pain.

- Keep your ears aligned with your shoulders and hips in a straight line.
- Avoid wearing high-heeled shoes.
- Take "micro" breaks to allow muscles to recover.
- Vary your positions.
- When standing, use a footstool, if possible, to elevate one foot and alternate.
- Keep your knees flexed, not locked.
- Stand on a mat or carpeted or padded surface whenever possible.

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

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