



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER



The Mechanics of Lifting

The elements of your back...

- moveable bones (vertebrae)
- shock absorbers (discs) between the vertebrae
- ligaments and muscles that keep the back aligned in three balanced curves

How Your Back Works

Unsafe lifting...is any lifting that upsets your back's alignment, such as:

- bending at the waist to pick up or put down an object.
- twisting as you lift or put down an object.

Safe lifting...keeps your back in alignment. You do this by:

- bending your knees instead of your back.
- holding the load close to you.
- lifting straight up, then turning the whole body by moving one foot at a time.

Remember...

Before you lift, ask yourself:

"Does it have to be lifted?"

If so, are there mechanical aides available?"

"Can I lift it alone?"

"Is it too big or awkward?"

"Do I have a clear path and good footing?"



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

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