



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## Back Safety



Keeping your back healthy and strong is something you need to keep in mind at work and outside of work. Here are a few tips to help maintain a healthy back regardless of where you are:

### Avoid Awkward Positions and Lifting From Awkward Positions

- Lifting Groceries from the trunk
- Reaching and lifting items from above shoulder level.

### Concentrate on Maintaining Good Posture

- Sit and stand so your back is in its natural S-shape alignment.
- Focus on holding your head straight and bringing your shoulders back.

### Assess a Lift BEFORE Trying to Complete the Lift

- Get help if the load is too heavy. Utilize equipment that is available, and ask a co-worker for assistance.
- When assisting a patient, enlist as much help from the patient as possible.

### Utilize Good Body Mechanics

- Bend your body at the hips and knees.
- Strength should come from your legs.
- Keep the load close to your body.
- Use smooth motions throughout the lift.



**Remember after you lift, pivot and don't twist!**

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

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