

Did You Know That Back Injuries Are.....

.... the most frequent disabling injury in the U.S.?

.... the cause of 25% of all workers' compensation claims?

.... the most common work-related injury aboard MCB Camp Lejeune

The Myths of Back Pain	The Facts of Back Pain
Back injuries occur suddenly and are unpredictable	Most back injuries occur from a series of irritations over time
Pain is an early warning sign of back problems	Back pain means damage to your back has already occurred
Back injuries happen to people who lift objects all day long	Back injury can happen

Techniques to Reduce Exposure to Lifting Hazards:

- Get help to lift the load or split the load into two or more lifts.
- Change the type of lifting movement. Lowering objects causes less strain than lifting. Pulling objects is easier than carrying. Pushing is less demanding than pulling.
- Change work area layouts. Reducing the horizontal and vertical distances of lifting substantially lowers the force needed to move an object. Reduce the travel distance for carrying an object. Know where you will place the object and the route you will take to get it there before you lift.
- Assign more time for repetitive lifting tasks. This reduces the frequency of handling and allows for more work/rest periods.
- Alternate heavy tasks with lighter ones to reduce the build-up of fatigue.
- Decrease the weight of the object to acceptable limits.

Use these techniques during your next lift:

- Prepare to lift by warming up the muscles.
- Stand close to the load, facing the way you intend to move.
- Use a shoulder-wide stance.
- Ensure a good grip on the load.
- Keep arms straight.
- Tighten abdominal muscles.
- Tuck chin into the chest.
- Initiate the lift with body weight.
- Lift the load close to the body.
- Lift smoothly without jerking.
- Avoid twisting and side bending while lifting.
- Do not lift if you are not convinced that you can handle the load safely.