

Risk Control Bulletin

How Much Do You Know About Back Safety

RISK CONTROL



Back injuries are a frequent cause of lost work and income, not to mention severe pain. Knowledge is your most powerful back safety tool. Take these quizzes to test your knowledge of back safety.

TRUE OR FALSE: If an object weighs more than 50 pounds, you should not lift or carry it by yourself.

Name five common causes of back injury:

TRUE OR FALSE: When you lift properly, you use the strength of your back, not your arms.

TRUE OR FALSE. You should do warm-up exercises before work to help prevent muscular injury.

Name four of the most common lifting injuries:

What are the five rules of safe lifting?

ANSWERS: **1.** True. Most people should not lift by themselves anything weighing more than 40 pounds. **2.** Lifting with straight legs; bending at the waist; tripping while carrying an object; trying to lift something too quickly; leaning or stretching to pick up an object; lifting when tired; lifting awkwardly-shaped objects; lifting something that's too heavy. **3.** False. When you lift, you should use the strength of your legs, not your back. **4.** True. **5.** Back strains and sprains, slipped discs, muscle spasms, hernias **6.** Tuck your pelvis; bend your knees; hug the load close; avoid twisting; if it's too heavy, don't lift it.





How Often Do You Do The Following?

	Sometimes	Always	Seldom
back exercises to			
keep in shape			
ask for help when			
a load is too heavy			
practice good			
posture			
stretch before			
lifting			
use mechanical			
aids, such as			
dollies and forklifts			
get regular			
exercise			
avoid overdoing it			

Mark Each Of The Following As “Safe” or “At Risk”

	Safe	At Risk
1. bending at the waist to pick up a heavy object		
2. bending your knees instead of your back		
3. holding the load close to you		
4. lifting straight up		
5. lifting with your hands only		
6. tucking your pelvis in as you lift		
7. turning the upper half of your body		
8. twisting as you lift or put down an object		

Answers: Safe: 2, 3, 4, 6; At Risk: 1, 5, 7, 8

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Give yourself two points for each "Always," and one point for each "Sometimes" answer. A score of 12 to 14 means you're doing everything right. A score of 8 to 11 means you're aware of back safety, but you could be doing better. A score below 8 means you better start taking better care of your back.

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