



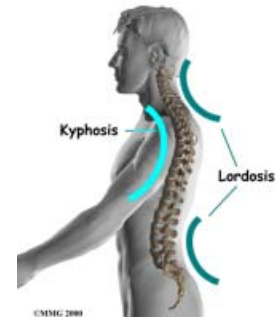
Santa Clara County Schools' Insurance Group Loss Control – Risk Management

SAFETY BRIEF

BACK BASICS - PREVENTING BACK INJURIES

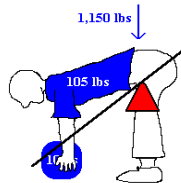
Keep it in NEUTRAL

Using proper body mechanics while lifting is critical in order to minimize strain on lower back, and prevent injuries to the back. You have heard before: "lift with your legs, not your back", this is very true, but you must remember to **LOCK** your low back in its **NEUTRAL** position, will prevent injury when lifting. **KEEP IT NEUTRAL!**



Bending Forward - Straight back - Hip/hinge Technique

Wrong!!



Constant bending forward and lifting improperly can add a tremendous amount of pressure on your low back. When bending forward you must avoid bending your back.

- Follow this technique while working in front of desks and counters, using vacuum cleaners, etc.
- Even when brushing your teeth and doing dishes.
- You maintain a neutral spine and pivot forward from the hips (top of the legs), not the waist (i.e., low back).
- It often helps to bend the knees slightly bent.



Stay in good shape

DO IT!



Exercise!!! Do daily stretches and watch your weight. Extra weight, muscle weakness, or muscle imbalances due to tightness, can affect your posture and result in back discomfort or pain.

Contact the SCCSIG to learn more back saving lifting and moving techniques!

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