

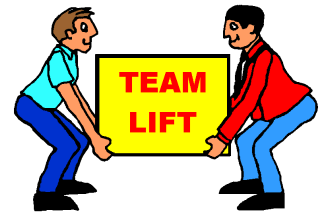


Safety Tips

A five-minute training series for PCOs.

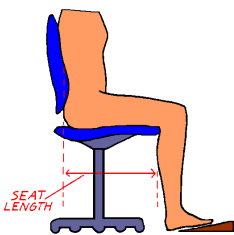


Proper Lifting



Back injuries continue to be a major contributor to employee accidents. They are the result of improper lifting, stretching to lift objects and poor body maintenance.

Anytime you bend over to pick up anything, **BEND YOUR KNEES** and keep your back straight. Lift with your legs. Your leg muscles are the strongest part of your body. If you lift with your back, while bending at the hips, it is a 10 to 1 lifting ratio. In other words, if you bend at the hips and pick up a 25-lb. box, it is the equivalent of lifting 250-lbs. This is addition to lifting your 100-lb. torso (based on the weight of an average person), which is times 10 also. Therefore, lifting a 25-lbs. object would equal 1,250-lbs. of lifted weight ($25 + 100 = 125\text{-lbs.} \times 10 = 1,250\text{-lbs.}$)



Poor posture and long periods of sitting create a physical condition prone to back injuries. To lessen physical conditions that contribute to back injuries, certain stretching exercises and posture need to be practiced. When driving, sit up straight and adjust your seat to eliminate the need to stretch to reach the steering wheel. If you sit too far back, you will be required to stretch and twist your torso to operate the vehicle.

When you arrive at your work site, take a few moments to stretch your body to loosen up and avoid taxing your tense, drawn up muscles. Stretch your arms above your head as far as possible and hold for a few seconds. Then bend over and stretch to touch your toes, without overexertion. Stretch out your legs, especially your hamstrings.



When lifting, keep your back straight and BEND YOUR KNEES. Keep the weight close to your body and avoid lifting and twisting at the same time. Avoid lifting heavy objects. Get help. Use equipment to assist in lifting, such as a dolly, ramp, hoist or help from others.