



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Back Protection

Disabling back and spine injuries account for roughly 1 in 4 workplace injuries in the U.S. They're caused mainly by improper lifting and carrying too heavy a load.

Although the best way to reduce back injuries is to try to eliminate manual lifting, this can't be done in many cases in agricultural production. Injuries can be reduced, however, by cutting weight loads, using mechanical aids, if available, and knowing the basic rules for manual lifting.

Although there are no sure-fire rules for safe lifting, consider these do's and don'ts. Don't let employees overexert themselves when lifting. If you think the load is too heavy for 1 person, team lift it.

Lift gradually, without jerking and keep the load close to the body. Don't twist the body when lifting. Lift mostly by straightening the legs. Don't lift or lower with arms extended. Be in good physical shape, and don't continue heaving when the load is too heavy.