A common sense approach to avoiding back injuries

1 Stay fit

Tone your muscles. Exercise your abdominal and leg muscles. The stronger they are, the less your back has to work.

Lose extra pounds. Excess weight can exaggerate the curve of the spine and strain the back.

Stand up straight. Try to keep your ears, shoulders and hips in a straight line.

2 Lift right

Ask yourself: Do I really need to lift? If yes, then assess the lifting operation considering the task, the load, the individual capability and the environment.

Get help. If the object is too heavy to lift by yourself, ask a coworker for assistance.

Keep your back straight if you have to squat. Also, bend at the knees and keep the load close to you.

Avoid twisting. To lift and turn, point a foot in the direction you want to go before lifting.

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