

Mission In Motion

Health & Wellness Weekly Bulletin

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Back up your back

Whether you do daily heavy lifting or lift something occasionally, good techniques can be all that stands between you and a serious back injury. Try these basic lifting rules:

- Squat to lift and lower objects. Don't bend at your waist.
- Keep your low back tucked forward while bending over.
- Hold the object as close to you as possible.
- Bow your back in and rise up with your head first.
- If you must turn, do so with your feet, not your body.
- Avoid jerking or twisting.
- Put the object down by keeping your low back bowed in.
- Keep your feet apart and staggered rather than side-by-side.
- Wear shoes with non-slip soles.

Source: Office of Environmental Health & Safety

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