Back injuries

Skyport Safety Moment

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| Did you know?  Back injuries account for one in every five injuries and illnesses in the workplace. |
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**If you are always having everyone else’s back, whose protecting yours? Have your own back and take care of it when you work.**

Your back is in motion all day, every day, and even when you sleep. It bends when you sit, twists when you turn, lifts when you stand, and supports when you walk. An injured back can be uncomfortable or permanently disabling depending on the extent of the injury.

**Tips for preventing back injuries include:**

* When you must lift an object, always plan before the lift. Decide how you are going to pick up the load, carry it, and set it down.
* Check the route for obstructions prior to lifting.
* For loads that are too heavy, ask for assistance, or use material handling equipment to perform the work.
* When driving, or working at your desk, make sure your back is well supported and you use good posture.
* Take the time throughout the day or immediately following periods hard work to stop and stretch out tired and worn back muscles.
* Remember to stretch your hamstrings and glutes as tightness in these muscles can contribute to lower back pain and sciatica issues.
* Stay in shape. Excess weight can add additional strain on back muscles, increasing your risk for injury.

Your back supports your entire body. One wrong move on weak back muscles can cause pain, injury, or in a worst-case scenario a permanent disability. For more information on back pain, injuries, and prevention techniques contact the EHS department.