



# Manual Lifting and Preventing Back Injuries

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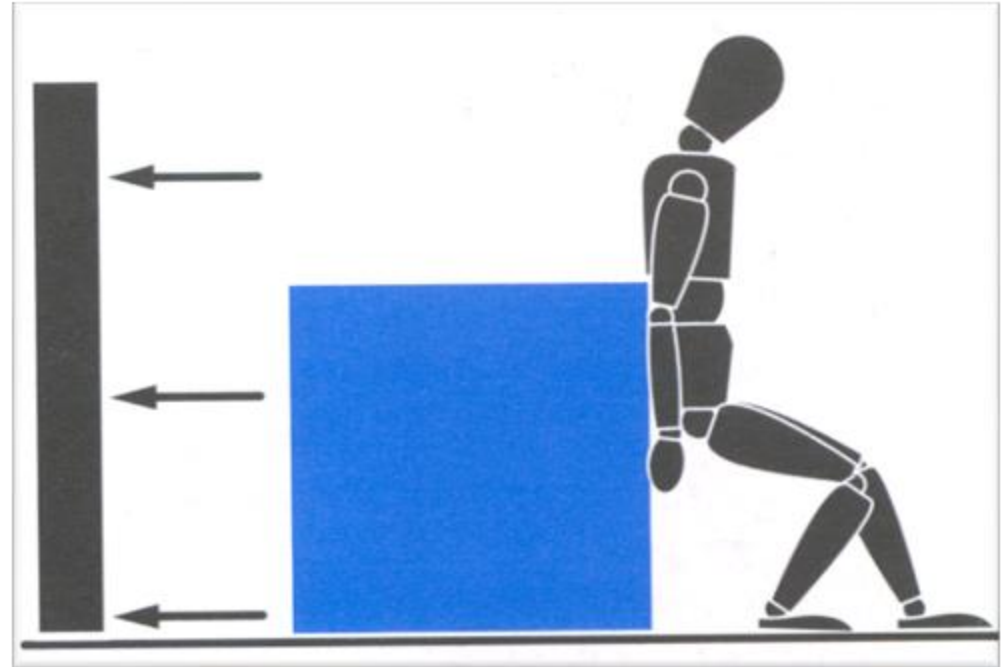
# Session Objectives

- ❑ **What is Manual Handling?**
- ❑ **Understand how back injuries occur**
- ❑ **Prevent back injuries**
- ❑ **Use proper lifting, load carrying, and unloading techniques**
- ❑ **Inactivity/Stretching**



# What is Manual Handling

- The movement of a load by human effort either directly or indirectly
- Supporting a load without moving it
- Pushing or pulling a load
- Intentionally throwing or dropping the load



# General Causes Of Back Injury



1. Poor posture
2. Unconditioned back
3. Bad lifting techniques
4. Excess weight
5. Underlying medical condition

- 80% of Americans will have a back injury that requires medical attention
- Back injuries are the second most common cause of days away from work, next to the common cold
- Injured backs are often subject to re-injury

## THINK TWICE, LIFT ONCE!

### ➤ Perform a Risk Assessment, have a plan in place:

- Is my path clear?
- Are there any trip hazards?
- Do I have a clear place to put it down?
- Am I wearing appropriate footwear

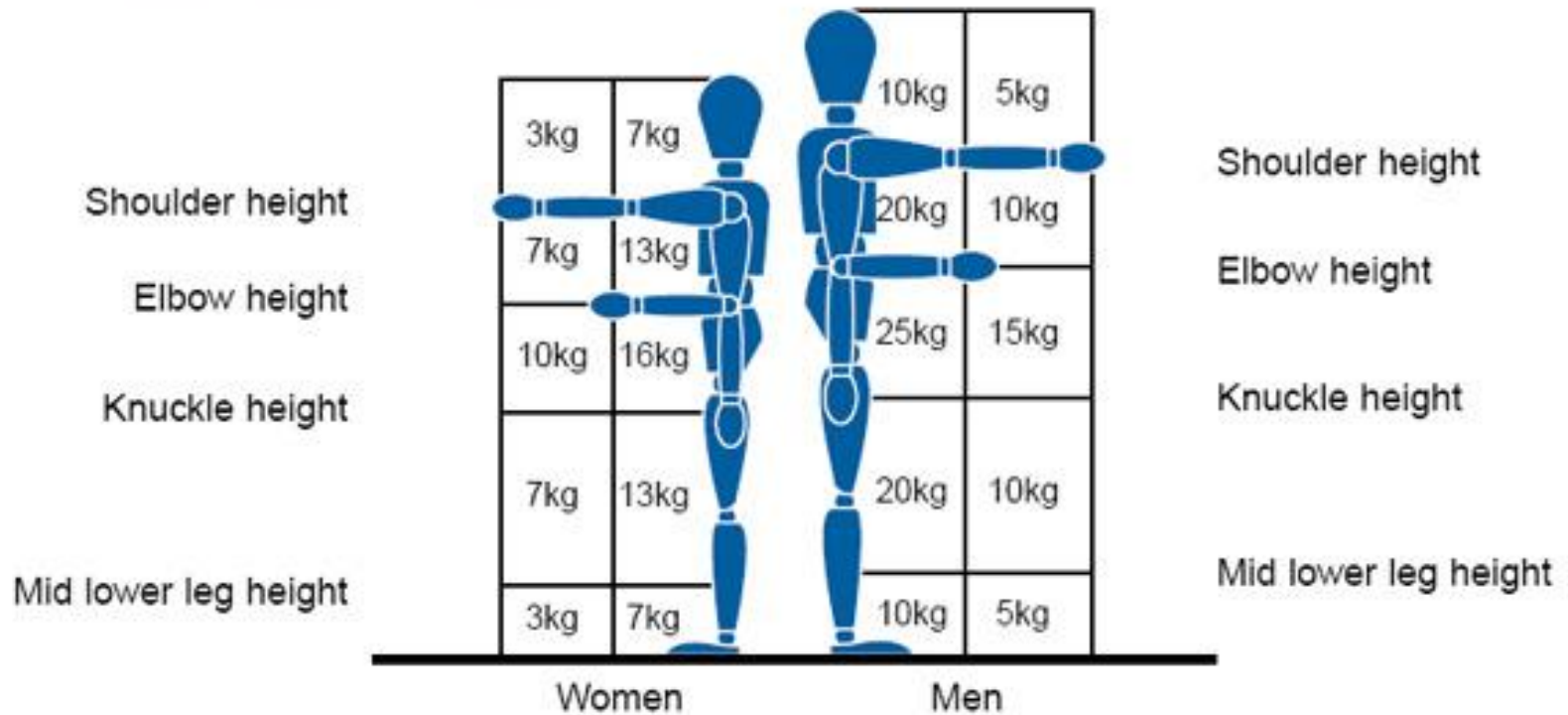


### ➤ Assess the Load:

- Is it too heavy? know your limits
- Can I use lifting equipment?
- Can I slide it? Push rather than pull!
- Do I need assistance?



## HSE Manual handling requirements

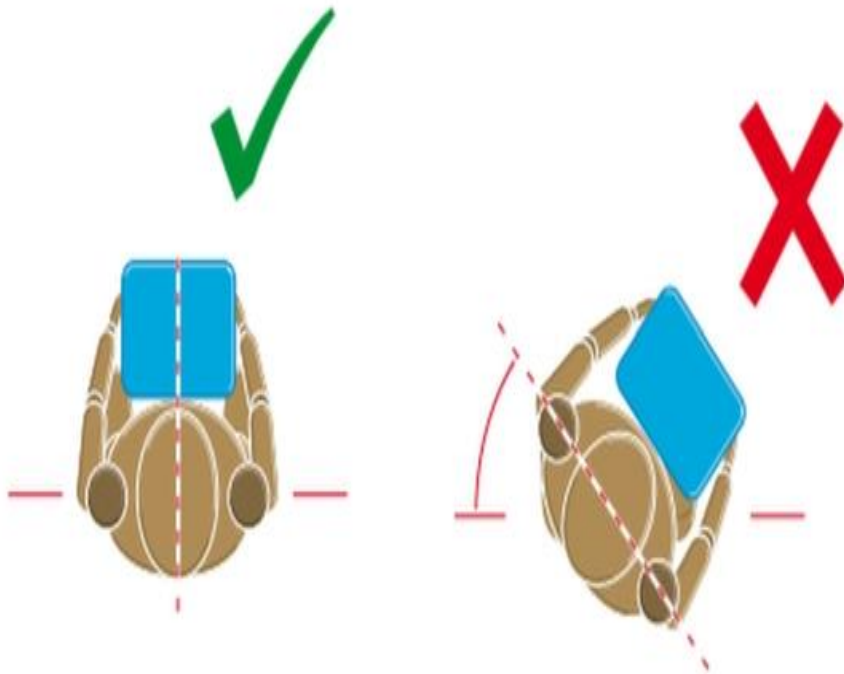


- **Lift It Right:**
  - Bend your knees not your waist
  - Keep your back straight
  - Position your body close to the object
- **Move It Right:**
  - Don't twist or turn your back
- **Lower It Right:**
  - Bend your knees not your waist
  - Keep your back straight



# Never Twist or Turn When Lifting

Twisting or turning can add strain to the back's discs, muscles, ligaments and tendons.



- Plan your lift to avoid awkward positions
- Keep your back as straight as possible
- Don't twist and turn or juggle load to regain grip
- Set the load down if you're losing your grip



# Lowering the Load

Bend the knees to let leg muscles support the weight.

Slowly lower it; do not drop the load.



Avoid sudden movements.

Lower the load at the same time if working with a partner.



Always use lifting equipment when handling an awkward load.

Do not carry loads:

- Above the shoulders
- Below the knees
- At arms' length

All of the above indicate the load is too heavy to lift manually.



Back pain is not only caused from manual lifting, we can suffer from back pain due to sitting down for extended periods of time, especially if your posture is incorrect.



Follow these easy steps below to avoid back pain due to inactivity:

- Get up from your desk every 30 minutes: stand, walk or stretch
- Be active while not at work,
- exercise at least 60 minutes a day to combat the effects of sitting
- Do back stretching exercises regularly
- Keep good posture.

## STRETCHING

### OFFICE



⚠ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



GLUTES & LOW BACK



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



BICEPS & FOREARMS



BACK & LATS



OBLIQUES



SHOULDERS & UPPER BACK



NECK



TRICEPS



SHOULDERS & CHEST



FULL BODY

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

Exercise plays the dual role of both treating back pain and helping prevent future episodes of pain.

- By nourishing and repairing spinal structures, exercise helps alleviate existing back problems.
- Movement and exercise keep the anatomy of the back healthy, flexible and strong in order to reduce the chances of injury and back pain.

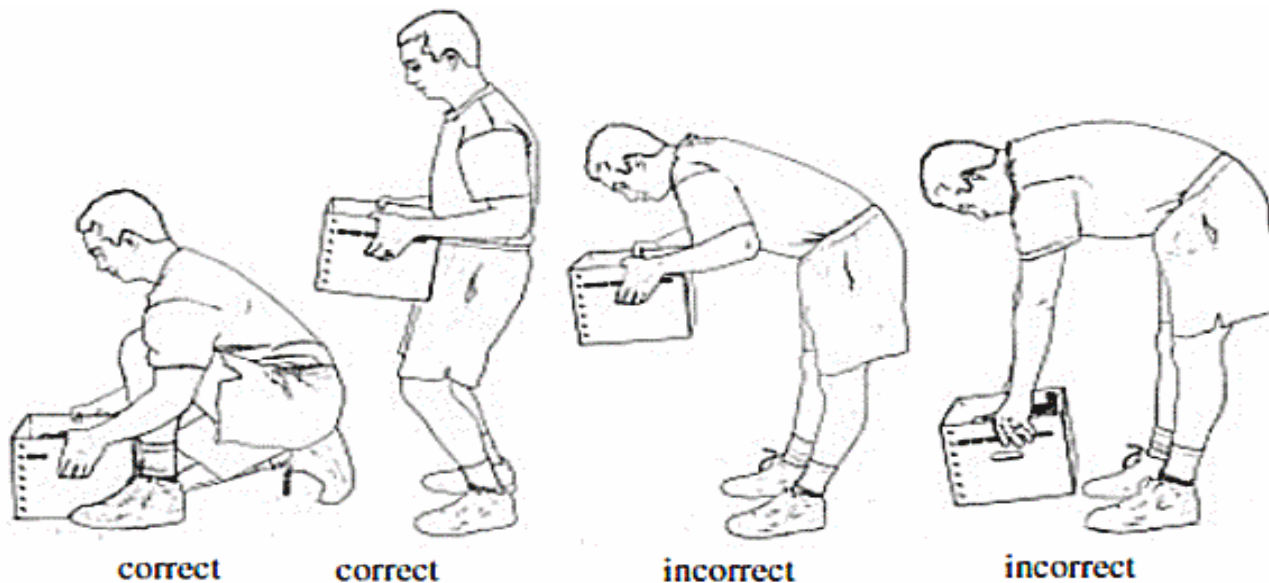
# Key Points to Remember

Use available lifting equipment and have a lifting plan

Maintain proper back posture

Use your legs; bend them when lifting

Always think about your back, listen to your body





# Training Roster

Please click the link or scan the QR code to complete the training roster.

<https://forms.office.com/Pages/ResponsePage.aspx?id=-8h9YWiPvEqU-HwIfqicf-aZYOT3noVOrngpiHPPQkFURVRBOTHVWjdVMVU1NU9ZRTIUWUIUTUZRTi4u>







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Airswift UK, Delphian House, New Bailey  
Street, Manchester M3 5FS United Kingdom

t: +44 161 214 4950  
f: +44 161 214 4987

e: [info@airswift.com](mailto:info@airswift.com)  
w: [www.airswift.com](http://www.airswift.com)