WHY IT MATTERS…

Ergonomics-related injuries can result from wear and tear over time on hands, wrists, elbows, shoulders, neck and back. The back is the most common part of the body injured at work. According to U.S. Bureau of Labor Statistics, 42% of all work-related musculoskeletal disorders (WMSDS) reported in 2013 were back injuries. One study found that once a person injures their back, they are five times more likely to suffer a re-injury.

WHAT TO LOOK FOR…

All lifting tasks cannot be eliminated. We must lift and move materials to put them into place or to expedite transfer from one location to another. Frequent bending and lifting can cause excessive stress on the lower back. Lifts which require a person to bend forward and reach out and away from the body place the most stress on the lower back. Reaching overhead and bending slightly backwards to grab a load also stresses the back.

WHAT WE CAN DO TOGETHER…

Remember the key elements of proper lifting. Answer these questions before performing a lifting task:

- Does the object need to be lifted in the first place? If so, can a lift-assist be used?
- Can a cart, dolly or hand truck be used to help with the move?
- Does the entire load need to be lifted? Can the load be broken into smaller quantities?

WHAT YOU CAN DO…

Our safety process, as always, begins with identifying and then correcting hazards. Now it’s your turn. Can you spot any hazards in the picture below? Circle or mark your finding on the picture.

IN CLOSING…

The Inteva Ergonomics program provides for management leadership and employee involvement to identify and resolve lifting hazards. We rely on everyone to help keep our workplaces free of hazards and make Inteva...SAFE ENOUGH FOR OUR FAMILIES!

ADDITIONAL RESOURCES…

- OSHA Ergonomics Safety & Health: https://www.osha.gov/SLTC/ergonomics/controlhazards.html
- WorkSafeBC Back Safety: https://www2.worksafebc.com/Topics/Ergonomics/PreventingBackPain.asp