



# FUTURE INDUSTRIAL TECHNOLOGIES

PREVENTING TOMORROW'S INJURIES TODAY™



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## Embrace Summer Activities Safely: Prevent Back Pain with Proper Lifting Techniques

Summer is nearly upon us, the season when outdoor pursuits are at their peak. It's the time for grilling, beach trips, gardening, golfing, or perhaps just reclining on a lounge chair with an engrossing book. However, none of these activities are enjoyable if you're dealing with back pain!

**Did you know that a large number of back injuries result from physical stress that slowly builds up, often from seemingly harmless daily activities?** It's true! Many of us haven't been properly educated on how to carry out routine tasks like getting in and out of a car, hoisting a cooler into and out of a car boot, lifting children or laundry, or digging in our garden. It's alarming to note that improper body use will cause a back problem in 80% of us at some point in our lives.

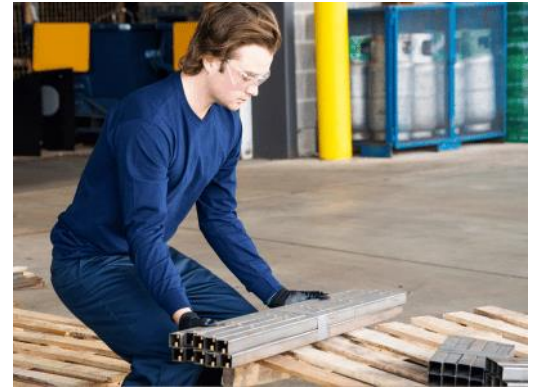


The silver lining is that severe back pain is entirely preventable! The initial step is understanding that you have the power to prevent back injuries simply by gaining more knowledge about what's good and bad for our backs. **Minimizing the accumulation of minor daily stresses that could eventually lead to pain is crucial.**

Here's a helpful tip to consider: avoid bending at the waist when lifting. Your lower back doesn't respond well when you bend over to lift something, which can lead to persistent strain on your lumbar spine and discs. Maintain your "lumbar curve" as much as possible when lifting; this is why you've often heard: "lift with your legs". **Preemptive planning can frequently help you avoid lifting from the ground.** For instance, keep the cooler on a table or any elevated surface before filling it up, or re-pot plants on a table or bench to maintain an upright posture.

Practice this simple exercise to help change your habit of bending over when lifting: stand straight, bend slightly at the waist (without causing discomfort) to familiarize yourself with what you should avoid doing. Once you're aware of the feel, you'll be more alert to improper lifting, allowing you to correct yourself and ensure safe lifting.

Position your feet shoulder-width apart for stability and rise and descend without bending at the waist. This is the ideal lifting posture. You might be surprised to find that you've been bending at the waist more often than you thought - a significant factor contributing to back injuries that disrupt numerous lives.



Instead of relying on your back, use your legs to lift your body. Each repetition will enhance the strength and tone of your leg muscles, rather than straining your back.

A little foresight and the adoption of proper lifting techniques can become an enduring habit. If you require more information or assistance, we are always here to help.

So, don't think too too much. Just call at 1-800-775-2225 and let us do our thing for your employees and they will thank you for it. **Then watch your injury costs and lost workdays go way down and employee morale go way up.**

Enjoy your summer!



Prevent tomorrow's injuries today! <sup>TM</sup>  
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