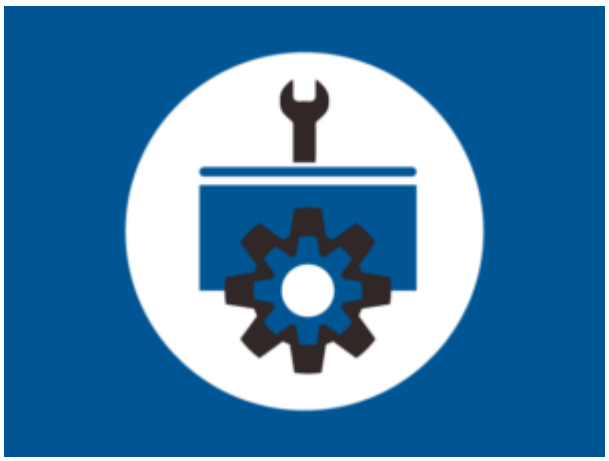
NSC How to Lift and Carry Safely



Proper lifting techniques to avoid injury.

Lifting and carrying are power jobs – when you lift and carry the wrong way, you can damage your back. Back injuries are the most common type of injury in the workplace, resulting in approximately 236,000 cases involving days away from work in 2007. Over half of these injuries are from lifting.

Back injuries may be difficult to treat and may have lengthy and expensive rehabilitation times.

When you are lifting at home or at work, make an effort to take care of your back. The National Safety Council recommends a number of tips to prevent unintentional injuries and keep your back strong and healthy.

Power warm-ups
You will work better if you start each day with…