

Manual Material Handling Back Injury Prevention

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Keep in good physical condition.

Warm up.

Avoid prolonged uninterrupted activity of the same muscle groups.

Push, don't pull, when equipment permits.

Test the object's weight before the lift. Get help or equipment when necessary

Brace. Tighten core muscles.

Maintain natural inward spinal curve. Bend at hips. Look forward while lifting.

Slide/move objects close to body as early as possible in the lift.

Keep upper body as upright as possible.

For one-handed lifting, use free hand or elbow to support upper body. Use golfer's lift.

Avoid twisting spine. Move feet. Keep shoulders & hips facing same direction.



Learn more at www.yorku.ca/ergo or call 416-736-5491