

PLAYING IT SAFE



Back Belts and Injury Prevention

Back belts and proper lifting go hand in hand

A healthy back is a fundamental part of many of the tasks you perform on the job. Heavy lifting, if not performed using safe methods, can result in serious damage, and some experts say that the risk of injury can be further lessened by the use of a back belt.

However, the lack of scientific evidence has raised concerns over the legitimacy of this belief. Despite this, it is still widely accepted that the only way to effectively prevent back injury is to follow the correct lifting procedures, with or without a back belt.

Important Considerations

Before you begin using a back belt, take into consideration any medical problems you may have that will influence your safety, including high blood pressure, previous back problems and other conditions. Talk to your supervisor about adjusting your work to accommodate for your condition.

Proper Lifting Techniques

If you wear a back belt for support, the following lifting techniques will help you to ensure its optimal use:

- Know your limit. Understand how much you can lift safely, regardless of whether or not you are wearing a back belt.
- Maintain proper body position and

lifting mechanics.

- In order to maintain your muscle strength, remember to loosen the back belt when you're not lifting. If you don't, the back belt may actually cause your muscles to weaken.
- When lifting, bend at your knees, not at your waist.
- Lift with your legs; squat to pick up items off the floor.
- Keep objects close to your body. Reaching outward puts stress on your lower back.
- Don't turn at the waist. To turn, pivot your entire body.
- Use co-workers for assistance with oversized or bulky objects.

Use Common Sense

Remember, good body mechanics are not replaced simply by wearing a back belt; you need to be aware of your body position and use proper lifting techniques.

Also, keep in mind that a back belt will not make you stronger; you'll need to take all of the same safety precautions you use as when lifting heavy objects without a back belt.

Be safe and healthy on the job at **City of Duluth JPE** with these helpful tips provided by **Hays Companies**.

“Lift with your legs, carry loads close to your body, make sure your footing is firm and use the same safe techniques when you set the load down.”

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