



## Safety Message of the Day for IMEA Members



### Back Injuries Safety Message

Back injuries are some of the most prevalent and hardest-to-prevent injuries on the job. According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. These types of injuries account for a large majority of worker's compensation claims every year.

### Back injuries often occur when:

- An individual is lifting up an object
- Using improper lifting techniques such as lifting with the back and not the legs
- Lifting an object that is too heavy for the individual
- Twisting while lifting or carrying objects
- Repetitive lifting during a work task

### Discussion points:

1. Are there hazardous lifts we can eliminate in our daily operations?
2. Are we using engineering controls when we cannot eliminate a lift or are we just completing the lifts without looking at a safer way to do them?