

## **MINIMIZING MUSCULOSKELETAL FATIGUE**

### **HOW TO GET THROUGH A DAY'S WORK AND STILL HAVE SOMETHING LEFT OVER!**

The bending, twisting, and lifting that you do on the job can be hard on your back. Forward bending is an awkward posture that puts stress on your back. Bending stretches the ligaments and muscles and can pull the joints of the back into unstable positions. Over time this posture can stretch the back part of the disc, leading to damage. In this posture the over-stretched muscles of the back are less able to protect the ligaments, joints, and discs.

Twisting pushes the joints of the back together, while forcing others apart. Tight ligaments and muscles can be pulled excessively. The outer casing of the discs can be damaged by constant twisting forces.

***LIFTING WHILE BENDING  
FORWARD OR TWISTING OR  
CARRYING A HEAVY LOAD CAN  
DAMAGE YOUR BACK.***

***LIFTING ALSO BECOMES A RISK  
IF THE BACK IS NOT  
POSITIONED OR MOVED  
PROPERLY WITH THE LOAD.***

### **TIPS FOR REDUCING THE RISK OF INJURY TO YOUR BACK IF YOU STAND FOR LONG PERIODS, OR WORK OVERHEAD, SQUAT OR BEND THE SPINE FROM TIME TO TIME.**

- 1. Look at your job, equipment, and procedures:**
  - Reduce the weights you lift, the distance you carry a load, the amount you twist.
  - Reduce the frequency of lifting.
  - Lift in a safe range.
- 2. Use your body correctly to do the job:**
  - Keep the load close to the body. Keep your feet apart for a stable stance. Position your feet prior to lifting to reduce twisting.
  - When faced with lifting an object beyond your safe limit - get help!
- 3. Take care of your back by stretching and exercising:**
  - Include a brief warm-up as part of your routine.
  - If you work bent over, stand up and do a “backwards bend” at least every hour.

