



Bakersfield Composite Squadron #121



60-Second Safety Advisor #26

Take Care of your Back

The amount of force placed on your back under certain conditions can be surprising. Anytime you bend or lean over to pick something up without bending your knees, you put tremendous pressure on your lower back.

Certain actions are more likely to cause back injuries than others. Anytime you find yourself doing one of the following high-risk actions you should stop and re-evaluate the activity:

- Heavy lifting (especially repetitive lifting over a long period of time)
- Twisting at the waste while lifting or holding a heavy load
- Reaching and lifting (over your head, across a table, etc.)
- Lifting or carrying objects with awkward or odd shapes
- Working in awkward or uncomfortable positions

When you find yourself in one of these situations, take measures to protect your back by using proper lifting procedures, getting help, turning your feet rather than your waist, or taking short breaks to stretch and flex your muscles.

