Back injury statistics:

- 80% (4 out of 5) of us will suffer a back injury during our working career
- Back injuries represent the most expensive workers’ compensation claims to the University
- In Minnesota, the most common body part injured by a worker is the back.
  - Back injuries represent 23% of all workers’ compensation claims
- Lifting is the most common cause of an overexertion injury resulting in back strains and sprains

Ways to help prevent a back injury include:

- Exercise – Stay in good condition
- Practice good posture
- Eat the right foods and watch your weight
- Use mechanical devices to assist in a lift such as:
  - Hand trucks
  - Forklifts
  - Wheelbarrows and
  - Dollies
- Ask a co-worker for assistance

Ways to avoid a back injury, think before you lift and then do it correctly:

- Check out the size and weight of the object to be lifted
- Is there a clear path of travel for transporting the object to be lifted
- Before you lift;
  - Stand as close as possible to the object to be lifted
  - Bend at the knees and straddle the load
  - Get a good grip
  - Lift with you legs while keeping your back straight
- Avoid lifting and twisting. Turn your feet in the direction of travel.