Nonprofit Safety Hero

Animated Ergonomics Highlight Reel: 4 Tips to Save Your Back

Here are four tips from the Nonprofit Safety Hero that can protect your back for a lifetime. Think about ways you can use these in your own work, as well as ways to introduce them to others.

Tip Number 1.

If you have a big, heavy box that needs to go from over here, to over there, open it over here. Then, move the items over there in smaller batches.

Tip Number 2.

If you use carts to move heavy items, store the items at the same height as the cart. Then, you can slide them onto the cart and roll them to the place where they need to go.

Tip Number 3.

Make sure everyone at your facility feels comfortable asking for help with heavy items.

Here's one way to do that.

The Department of Transportation defines boulder sizes, using the terms, "one person rock", "two person rock", etcetera. It refers to how big and heavy the rock is. At your next staff or safety meeting, discuss the weight limit for a one person box. Then, when someone gets a box that's heavier than that, they can call out, "I've got a two person box here!" It's an easy way to ask for help and avoid injury.

And our last tip, number 4.

This applies to every item, not just heavy ones. You should never. ever. ever lift and twist at the same time. Lift the item first. Then, turn your feet where you want to go. This small change in behavior will help protect your back for a lifetime.

Learn more about ergonomics for nonprofits at Nonprofit Safety Hero dot com.

We offer everything from 2 minute volunteer videos, to online courses with certificates. And it's all free!