

## The theme this month is Preventing Strains and Back Injuries.

How do you go about preventing employee strains, sprains, and body motion injuries? Over 1 million employees suffer back injuries each year. This is the third most common injury reported to date from membership and includes injuries from being overextended, off balance, or using improper lifting techniques.

### Best Practices:

#### **Safety in Motion®**

Leading company in preventing body motion injuries. Since 1995, Safety in Motion® has been a leader in the management and prevention of common musculoskeletal injuries. For more information, please click on the following link: <http://www.safetyinmotion.com/>.



#### **Vivid Learning Systems**

Check out these sites for information on lifting and back safety:

- Short (1:39 video) on lifting safely: <https://hsi.com/resources/lifting-safety>
- Back Safety and Injury Prevention including 10 General Tips for Maintaining a Healthy Back: <https://hsi.com/course-library/safety-compliance/osha/back-safety-and-injury-prevention>
- Check out the Workplace Back Injuries statistics on page 2 of this bulletin.



### Safety Minute of the Month:

#### Proper Lifting Technique:

- Keep a wide base of support. ...
- Squat down, bending at the hips and knees only. ...
- Keep good posture. ...
- Slowly lift by straightening your hips and knees (not your back). ...
- Hold the load as close to your body as possible, at the level of your belly button.
- Use your feet to change direction, taking small steps.
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In addition to above, lifting objects over 40-50 pounds by an individual should be avoided whenever possible. Employees should seek help in lifting heavy or awkward objects. Employers should consider encouraging employees to submit safety improvement suggestions for frequent awkward or heavy lifts as lifting equipment may be needed to avoid future strain injuries.

#### **Reminder - Recordable Tracking and Sharing of Corrective Actions:**

PPI is encouraging your company to participate in this monthly report. Background on this process and the template are attached for your reference. Questions should be directed to David Fink at [dfink@plasticpipe.org](mailto:dfink@plasticpipe.org). We look forward to your company's participation so that together we can support each other in continuous improvement of our safety performance.

*If you know of others at your company that would benefit from receiving this bulletin, please email there contact information to David Fink at [dfink@plasticpipe.org](mailto:dfink@plasticpipe.org). Stay Safe!*

# SAFETY BULLETIN – MAY 2021

