INDUSTRIAL SPORTS MEDICINE

PREPARING THE INDUSTRIAL ATHLETE FOR DAILY ERGONOMIC SUCCESS

PREPARED

- **P** PRE-SHIFT WARM UPS
- **R** REVIEW YOUR HAZARDS
- **E** EVALUATE YOUR EQUIPMENT FOR THE JOB
- **P** PROPER LIFTING POSTURE
- **A** ALIGN YOUR SHOULDERS, HIPS & TOES
- **R** REMAIN IN THE GREEN ZONE
- **E** ELBOWS IN & THUMBS UP WHEN REACHING
- **D** DEBRIEF & RECUPERATE

One of the 3 major risk factors for a low back injury is poor lifting posture! Adhering to a safe lifting POSTURE is vital to your workplace health!

STEPS TO A SAFE LIFT:

1. Widen your feet to approximately shoulder width apart.
2. Evenly distribute your weight between both feet.
3. Keeping your back straight and chest up, sit back into a squat like you are sitting down onto a low stool or bench behind you.
4. Try to keep your knees in line with your toes, tighten your core, and use the large muscles of the hip (the gluts!) to bring yourself back to a standing position.

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Engage the group in a question:

What are the activities you want to do when you retire? What if you couldn't do them or had difficulty doing them because of chronic pain? With the high rate of chronic low back pain in the construction population, are you doomed-or is there a prevention for this?

The Bullet Points:

- Regardless of what we do for a living, we ALL lift throughout the day. Whether you are picking up a pencil from the ground or moving equipment, this principle of PREPARED is important, because lifting is one of the highest risk positions we put ourselves in.
- Tired of all the nagging on proper lifting posture? Consider this: one of the leading causes of low back injury is specifically because of poor lifting patterns. Did you also know that 40% of construction workers over the age of 50 have chronic low back pain? (And this number is likely on the conservative side!)
- So what does a proper lift look like then? It involves a hinge through the hip joint and good utilization of the large mus cles of the legs to execute safety. Imagine what an Olympic power lifter looks like during a squat lift. Wide stance, equal distribution of weight, chest up, and spine in an "S" curve. The "S" curve is the shape of your spine when keeping it in alignment-what this means for you is to keep your weight in your heels, chest facing forward, neutral spine, and hips back.

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The Take Aways:

When in a position to lift, think WHAT WOULD A POWER LIFTER DO? Wide stance, equal weight distribution, chest up, spine aligned, then power through the legs!

Work Right NW is changing the way that companies view workplace hazards.Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time. If you have symptoms of pain or discomfort, see your Work Right NW Injury Prevention Specialist!