



**LGRMS**  
**RISK CONTROL**  
**ACCG | GMA**

August/September 2020

# SAFETY THEME

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

The Safety Theme program is designed to help you get an important safety message across to all employees in a simple-to-use format that can be completed each month.

## Monthly Poster Theme

Make copies and post them wherever you will get the most impact.

### Training Calendar

Due to the COVID-19 pandemic, **all in-person LGRMS training is on hold until further notice.** Please see our training calendar on the LGRMS website for the most current information.

Webinar Training planned for the month of October :

**Health Promotion Champion Training**  
**"Racing for Resiliency"**

October 6th - Session 1 (10am - 11:30am)  
October 8th - Session 2 (10am - 11:30am)

**[www.lgrms.com](http://www.lgrms.com)**  
Click on "**Training Calendar**"

### Safety Theme Article

The article expands on the poster message for the month. Make copies and hand them out to each meeting participant.

### In This Issue:

Participant Sign-In Sheets: Use the sign-in sheet to document your safety training.

#### **Suggested Agenda for the Monthly Safety Meeting:**

- >>> Assemble the participants.
- >>> Hand out copies of the article and pass around the sign-in sheet.
- >>> Read the Safety Theme aloud.
- >>> Discuss aspects of the theme relevant to the department, with examples. Ask for ideas and encourage participation.



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# **BACK INJURY PREVENTION**

# Back Injury Prevention

Lifting and carrying objects is common for many workers across the country. If performed improperly, lifting and carrying items can lead to injuries. The National Safety Council notes that manual handling of objects accounts for an estimated 25% of all occupational injuries. Statistics show that approximately 80% of adults will suffer a back injury in their lifetime, 20% of workplace injuries are back injuries, the number 1 leading cause of missed workdays and 2nd most common reason for a doctor visit.

Lifting safely is the same as any other movement that you can learn to do better with practice. As you know, the more you practice a skill the better you become at doing it. Most of you have probably heard that in order to lift safely, you must lift properly. You're told to "bend your knees not your back," and "don't twist as you lift." This is good advice but sometimes seems to go against human nature. Some tasks make it nearly impossible to avoid lifting with the back. It may feel unnatural or even disrupt the flow of work to move and lift with the legs. Some items lifted are high enough that bending the back is minimal and unnoticed. Workers may not realize they have poor body mechanics until pain sets in, at which point damage has already begun.

Common back injuries are strains/sprains, and herniated disks. Strains occur when a muscle is stretched too far and tears, damaging the muscle itself. Sprains happen when over-stretching and tearing affects ligaments, which connect the bones together. Herniated disc occurs when a disc in your lower spine bulge out the herniated disc may press on your nerves or spinal cord. Other back issues are fractured bones (compression fracture), Sciatica (pressure on sciatic nerve, buttocks to leg), Scoliosis (curved spine) and degeneration due to age.

## The basics of safe lifting

- Prepare to lift
- Get close, stay close
- Spread your feet
- Squat down, bend the knees
- Keep your back straight, head up
- Get a good grip
- Use your legs
- Don't jerk or twist during the lift, pivot or rotate

Training for safe lifting can take time and should require regular reinforcement of proper lifting reminders and techniques are critical, as people tend to return to previous poor lifting habits.

As we continue to navigate our new "normal" during our nation's fight against COVID-19, and develop safe transitions back to the workplace, we would like to take this time to remind you of our on-line training offerings through Local GovU and Safety National. Please contact your Field Representative for assistance.





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Local Government  
Risk Management Services  
3500 Parkway Lane . Suite 110  
Norcross, Georgia 30092

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***This Month: August/September 2020***

# **Back Safety**

