

Safety Flash

January 06, 2015.

SAVE YOUR BACK WHEN WORKING IN AWKWARD POSITIONS.

Safety Statistics
First Aid Free Days: 41

REMINDER

Remember that safety can distinguish you while Lack of safety can extinguish you.

Think Safe, Work Safe and Be Safe!!

We have all been told to avoid back injury by bending our knees when we lift, keeping the load close and avoiding twisting motions. These safety rules are very good practice when working with simple, direct lifting of materials, but what about back care when you are working in awkward positions? An awkward position is a work posture that distorts the spine from its natural curves, puts unbalanced pressure on the discs, and can strain arm, leg or back tissues. Just think about some of the work situations that may put you in "awkward" positions?

1. What about the jobs that require you to bend and reach into bins or containers to retrieve or place material?
2. What about the overhead work, when you are welding pipe, installing blinds, landing materials or servicing equipment?
3. What about the floor or ground level jobs such as removing or placing valves or completing general housekeeping?
4. What about the jobs that require you to climb on ladders, work platforms or scaffolding where you may over-reach to adjust, clean, install or service?
5. What about pulling loads, instead of pushing them, when removing equipment or other materials?

How can you avoid injury when working in awkward positions?

First and foremost, arrive to work "Fit for Work" and participate in the onsite stretching program if you have one in place. When working overhead, stand on a steady platform. Keep your back posture in its natural curve to avoid uneven spinal loading.

If working on the ground, avoid bending over to work. Squat down using your leg muscles and wear cushioned kneepads if you have to kneel at work.

Don't hold an awkward position for too long. Pause often to stretch and straighten out.

When leaning forward to work, support the weight of your upper body on your free hand and arm, whenever possible. This greatly relieves pressure on your lower back.

Position yourself as close as possible to the job, avoid overreaching.

Never lift heavy loads that are far from your body's center of gravity. Get help in such cases.

Position your work below the shoulder and above the knees to minimize over-reaching.

Every reasonable precaution should be taken to protect yourself and promote our ZERO ACCIDENTS culture.

Be Safe!

PLEASE PLAN TO HAVE A SAFE DAY!

Quote of the Day

"If you can't find the time to do it right, when will you find the time to do it over?"

~Author Unknown.

Weather Forecast for Edmonton

	Mon. Jan. 05	Tue. Jan. 06	Wed. Jan.07	Thu. Jan. 08	Fri. Jan. 09	Sat. Jan. 10
						
High	-20°C	-22°C	-9°C	-14°C	-10°C	-1°C
Low	-28°C	-26°C	-23°C	-18°C	-16°C	-10°C
Wind	W 15 km/h	N 5 km/h	SE 20 km/h	NW 15 km/h	NE 10 km/h	W 15km/h