

## ***Back Injuries—Risk Factors and Controls***

### ***Risk Factors***

- Weight of load (maximum of 51 lbs.)
- Location of load (above/below 30 inches)
- Frequency of lift (50 or more times per hour)
- Distance of load from body
- Twisting
- Lack of handles
- Carrying distance
- Static exertion
- Vibration
- Sudden, jerky lift
- Temperature extremes
- Slippery floor/shoes
- Cramped work area
- Push/pulls requiring large force to start rolling

### ***Controlling Factors***

- Reduce weight of container
- Reduce size of container
- Change shape of container or object
- Provide grips or handles
- Lift tables
- Use Lift Trucks
- Cranes and hoists
- Drum and barrel dumpers
- Table at proper height (hands at 30 inches)
- Elevated conveyors
- Gravity dump systems
- Vacuum systems
- Increase weight beyond ability to lift manually
- Hand trucks
- Caster ball tables
- Wheeled carts
- Level flooring
- Relocate shipping/receiving/storage area
- Reorganize production process steps
- Ramps sloped less than 10%
- Push don't pull when possible
- Variable height handle

*This is a sample guideline furnished to you by Glatfelter Brokerage Services, Group Manager.*

*Your organization should review and make the necessary modifications to meet the needs of your organization.*

*The intent of this guideline is to assist you in reducing risk exposure to the public, personnel and property. [www.GlatfelterPublicPractice.com](http://www.GlatfelterPublicPractice.com)*