



Avoid Back Attack

Tips for working and moving safely

Prevent back strain and pain by sitting, standing, driving, working, and moving in ways that don't put your back out of whack.

Standing: Stand tall and straight, but not stiff. When you stand, hold your shoulders even and back. Keep your head up and your pelvis forward. If you have to stand in one place for a while, keep one foot raised on a step or other elevation. Shift feet every so often.

Driving: Drive with your back straight and knees bent. Be careful getting in and out of your vehicle.

Sitting: Sit up straight, close to the desk or worktable, with your back against the chair back. Turn your whole body to reach something to the side; don't twist. Don't sit too long at a time. Get up, stretch, and walk around.

Working low to the ground: Bend your knees and keep your back as straight as possible. Avoid bending from the waist.

Working on your back: Choose a position that keeps your back flat and knees bent. Don't stay in one position too long. Get up and stretch.

Shoveling: Shovel so your legs do the lifting, not your back. The best position is to have your hands far apart, legs bent at the knees, and back straight.

Catching falling objects: Catch falling objects when you're standing with your back straight, knees bent, and feet firmly on the ground. As you catch let your legs absorb the impact.

Getting down from heights: Never jump. Even a jump from a short height, such as a loading dock, can cause a back injury. Use a ladder or steps.

If you experience serious back pain, stop what you're doing! You can't always judge how serious the problem is. Sit down, rest, and don't move. Have someone send for your supervisor immediately and get medical treatment.



Anonymous safety suggestion box!

Go to our website at www.ycparmia.org and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, exactly as written, to the appropriate entity's safety committee for their consideration and/or action.



YCPARMIA

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Good Housekeeping

Under-rated secret to a safe workplace

There's a direct connection between clean, well-organized workspaces and safe, productive workplaces.

Good housekeeping:

- ✓ Minimizes or eliminates accident and fire hazards
- ✓ Maintains safe and healthy working conditions
- ✓ Saves time, money, materials, space, and effort
- ✓ Improves productivity and quality
- ✓ Creates a more pleasant work environment

Poor housekeeping creates hazards, such as:

- ✗ Slips from slick or wet floors
- ✗ Trips and falls from objects or materials left in walkways and work areas
- ✗ Collisions caused by poorly stored materials, overhanging or protruding objects, and materials and equipment stored in aisles
- ✗ Fire hazards from buildup of trash or other combustible materials, improperly stored flammables, and blocked emergency exits
- ✗ Health hazards created by spilled, leaking, or improperly stored chemicals

Good housekeeping must be tackled with energy, focus, and purpose every day. To keep your workplace safe, plan for it and sustain it.

Chemical Labels Quiz

What you don't know could hurt you

1. **Which of these words on a label indicates the highest degree of hazard?** a. Warning b. Danger c. Caution
2. **If a chemical is "reactive," this means it:** a. Is effective only when mixed with other substances b. Can catch fire easily c. Is hazardous if mixed with other substances
3. **In addition to words, how else do labels provide hazard information?** a. Color codes b. Color and number codes c. Color codes, number codes, and/or symbols
4. **The label can be removed, or chemicals can be transferred to an unlabeled container, if that is convenient.** a. True b. False
5. **Which type of illness may not be immediately obvious?** a. Chronic b. Acute
6. **What do you do if there is no label or the label is too damaged to read?** a. Proceed with the job. b. Open the container and look inside to see what's in it. c. Do not use the substance.



Safety Quiz Answers: (1) b (2) c (3) c (4) b (5) a (6) c