

Back Injuries and Proper Lifting Techniques for DSP Drivers



Specific training or resources can help DSP Drivers reduce the risk of lifting-related injuries.

Back injuries and Proper Lifting Techniques for DSP Drivers

Back injuries from lifting materials are some of the most common workplace injuries for DSP drivers. While it's difficult to remove this risk entirely, there are practical steps DSP drivers can take to greatly reduce the chance of injury. The following information and guidelines are designed to help employees lift materials safely and protect their backs.

Back injuries commonly associated with lifting include:

- **Safety and Strains:** These are injuries to the muscles or tendons, often caused by overexertion or improper lifting techniques.
- **Herniated Disks:** This occurs when the soft center of a spinal disk pushes through a crack in the tougher exterior casing, potentially causing pain or nerve irritation
- **Fractured Vertebrae:** Severe lifting injuries can lead to broken bones in the spine, which can have serious

Back injuries can result from a variety of causes, including:

Lifting Heavy or Unstable Materials:

- Attempting to lift objects that are too heavy or unstable can lead to sudden and severe back injuries.

Awkward Lifting Positions:

- Lifting objects from awkward or hard to reach places can strain the back.

Repetitive Motions:

- Repeated actions such as twisting, bending, reaching overhead, or lifting can cause cumulative trauma to the back.

Prolonged Strain:

- Working for long periods in a bent-over or strained position can lead to chronic back problems.

Falls and Trips:

- Falling or tripping over debris can result in sudden back injuries.

Heavy Tool Belts:

- Wearing tool belts that are too heavy can place excessive strain on the back.

Lack of Warm-Up:

- Lifting or doing any physical labor without warming up muscles can increase the risk of injury.

Protecting Your Back

To protect your back while lifting, consider the following guidelines *and implement whenever possible:*

- ❖ **Place Objects Where They are Easy to Access:** Avoid placing objects on the floor, to reduce the need for bending.
- ❖ **Avoid Lifting and Bending:** Use *mechanical aids* or arrange work to minimize the need for lifting and bending. *Remember to ask for help* if the lift is too heavy for you to prevent strains and injury and *make sure there is enough room* to lift/pick it up safely.
- ❖ **Place Objects Where They are Easy to Access:** Avoid placing objects on the floor, to reduce the need for bending.
- ❖ **Use Mechanical Aids:** *Dolly, forklift, or other mechanical aids* to lift objects instead of manual methods.
- ❖ **Keep Lifts Between Shoulder and Waist Level:**
When manual lifting is necessary, keep objects between shoulder and waist level to reduce strain..
- ❖ **Push Rather Than Pull:** Pushing objects is less strenuous on the back muscles than pulling.
- ❖ **Know Your Destination:** Plan your route and know the destination of your load before lifting.
- ❖ **Avoid Slippery or Uneven Surfaces:** Ensure you walk on stable, on-slippery surfaces while carrying to avoid falls.



Preventing Back Injuries

To help prevent back injuries, follow these steps:

1. Plan Your Move:

- Ensure the path you are going to take is clear of wet surfaces, obstacles, and obstructions, and that there are no slopes.

2. Access Your Load:

- Evaluate the location and position of the object. If it is overhead or on the ground, think about how to safely reach it.
- Test the weight of the object to ensure it is manageable.
- Check for shifting contents that could affect how the object behaves when lifted.

3. Seek Help When Necessary:

- Perform a team lift if the size or weight of the object is too much for one person to handle.
- Use a dolly or other material handling equipment when available to reduce manual lifting.
- Use a dolly or other material handling equipment when available to reduce manual lifting.

Proper Lifting Techniques

Use the following technique to help minimize back strain:

- **Get Close to the Object:** Position yourself as close to the object as possible before lifting.
- **Use a Wide, Balanced Stance:** Stand with your feet shoulder-width apart, with one foot slightly ahead of the other for balance.
- **Bend Your Knees:** Squat down by bending your knees, keeping your back straight to maintain its natural curve.
- **Use Your Palms:** Grasp the load with your palms, placing them on opposite corners of the object for a secure grip.
- **Keep Your Head Up:** Maintain an upright head position to help keep your back straight.
- **Lift Smoothly and Steadily:** Use your leg muscles to lift, not your back. Keep the object close to your body between your shoulders and waist.
- **Pivot to Turn:** Turn your whole body by pivoting your feet rather than twisting your back.
- **Lower Load Slowly:** Lower the load in a controlled manner, keeping your back straight and bending your knees.

In summary, *Back injuries are common in the workplace*, but by following these techniques, employees can greatly reduce their risk of injury when lifting or lowering objects. Always opt for team lift or mechanical lifting methods whenever possible to minimize strain on your back. Remember, taking the time to lift properly can prevent serious injuries and ensure a healthier, more productive work environment.

The Zurich Services Corporation
Zurich Resilience Solutions | Risk Engineering
1299 Zurich Way Schaumburg, Illinois 60196-1056
800.982.5964 [Zurich Resilience Solutions | Risk Management Services](#)

This is a general description of services such as risk engineering or risk management services provided by Zurich Resilience Solutions, which is part of the Commercial Insurance business of Zurich Insurance Group and does not represent or alter any insurance policy or service agreement. Such services are provided to qualified customers by affiliates of Zurich Insurance Company Ltd, including but not limited to Zurich American Insurance Company, 1299 Zurich Way, Schaumburg, IL 60196, USA, and The Zurich Services Corporation, 1299 Zurich Way, Schaumburg, IL 60196, USA. The opinions expressed herein are those of Zurich Resilience Solutions as of the date of the release and are subject to change without notice. This document has been produced solely for informational purposes. All information contained in this document has been compiled and obtained from sources believed to be reliable and credible but no representation or warranty, express or implied, is made by Zurich Insurance Company Ltd or any of its affiliated companies (Zurich Insurance Group) as to their accuracy or completeness. This document is not intended to be legal, underwriting, financial, investment or any other type of professional advice. Zurich Insurance Group disclaims any and all liability whatsoever resulting from the use of or reliance upon this document. Nothing express or implied in this document is intended to create legal relations between the reader and any member of Zurich Insurance Group. Certain statements in this document are forward-looking statements, including, but not limited to, statements that are predictions of or indicate future events, trends, plans, developments or objectives. Undue reliance should not be placed on such statements because, by their nature, they are subject to known and unknown risks and uncertainties and can be affected by numerous unforeseeable factors. The subject matter of this document is also not tied to any specific service offering or an insurance product nor will it ensure coverage under any insurance policy. No member of Zurich Insurance Group accepts any liability for any loss arising from the use or distribution of this document. This document does not constitute an offer or an invitation for the sale or purchase of securities in any jurisdiction. In the United States, risk engineering and risk management services are provided by The Zurich Services Corporation.

©2025 The Zurich Services Corporation. All rights reserved.