



Reducing Injuries for Manual Workers

Technique

Your back is very strong but repeated lifting incorrectly can lead to lower back pain and injuries. Remember to use your legs when lifting to spread the load more evenly. Can you use a trolley to move heavy items or lighten the load by moving in smaller quantities?

Warm up and cool down

This doesn't have to be time consuming and both are useful for reducing pain and injuries. Before you start work, walk on the spot for 2-3 minutes to increase your heart rate and then add a few stretches holding each one for 15 seconds. At the end of the day stretch holding each one for 30 seconds.

Awareness

Is there an ideal, most efficient way to do your job? Often when we are tired, our bodies will find the easiest way to do a task, which may not be the best method for lifting or moving. Can you use any equipment to do monotonous tasks?

Look after yourself

Your diet and weight play a vital role in joint injuries. When a healthy weight is being maintained and you have a good and varied diet, these can help reduce excessive loads on joints that are already working hard because of your job.

Use heat packs

Especially in cold weather. If you have ever had pain in your joints cold weather can make them worse. Using heat packs or hot water bottles can help warm joints up and help prevent further injuries.