

# FACTS ABOUT BACKS

- On average, cavemen lived 40 years and bent 50 times a day. Modern man lives about 80 years, and bends 500 times a day. Our technology has outstripped our evolution!
- Once you suffer a back injury, you are 3 times more likely to suffer another one.
- 75% of all Americans will become back cases at some point. (But you don't have to be one of them!)
- 2/3 of all back injuries occur between the floor and the knees. The Canadian Pacific Railroad, faced with horrendous back injuries, decided to get everything up off the floor, and reduced back injuries to zero!
- You were born with the knowledge of how to properly lift. Throw something interesting in front of a young child, and watch how s/he bends down to pick it up.
  - The best way to avoid lifting injury is to not lift!
  - The most important rule of lifting is to bend your knees!
- Hierarchy of safe materials handling: PUSH—100 lb.; LIFT—40 lb.; PULL—30 lb.