

Human Factors and Ergonomics Namibia Newsletter

Spinal Health and Manual Handling

Lower back pain is one of the leading causes for absenteeism in workplaces.

Proper manual handling techniques are crucial for preventing injuries, especially in workplaces where lifting and moving objects are common.

Ergonomics risk factors for manual handling include poor or awkward postures, lifting techniques and repetition of lifting.

We can assist to educate employees about manual handling techniques and encourage them to report symptoms early.



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