

Labor Standards & Safety Division
Alaska Department of Labor & Workforce Development
Occupational Safety and Health

Safety Notice

Back Support Belt Notice –

- Caution should be used when employees are subjected to lifting, bending, twisting and other circumstances that could cause back injury.
- Back support devices and belts may provide some assistance, but there is no conclusive medical data to prove that wearing such a device will prevent an injury from happening. Relying on a support device to provide super-strength is a recipe for disaster.
- The best way to prevent injuries is to make sure that you use proper lifting techniques and that you get help with heavy or awkward loads, including the proper use of lifting tools and equipment.
- Employers should make sure to educate employees that back support belts are not a substitute for proper lifting techniques and good sense.
- Back injuries can cause extreme stress to worker's families and workplace productivity. Workers need to know that, even with insurance, a debilitating back injury can result in significant income reductions.
- Together, we can reduce workplace injuries and build a bright future for Alaska.

"Jobs are Alaska's future. Alaskans' future – jobs."

Contact: Juneau (907) 465-4855

Anchorage (907) 269-4955