

Back Safety: Stacking Heights



Safest stacking practices place objects *between knee and shoulder height*. Below knee height places stress on the low back. Above shoulder height places stress on the shoulders and upper back.

Here are a few steps to consider first:

- Get items **OFF** floor level. Raise the bottom by placing a sturdy carton or wood platform under the bottom item. This helps to eliminate lifts from ground level
- On shelves, place the heavier items at *waist* height. This is an easier lift for the back
- Keep the height of the stack below shoulder height if possible. If the stack is above shoulder height, use a stepstool properly

