

Butts Up/Twisted Back

Butts Up is a condition of bending over, thus extending the upper body over the floor.

Twisting at the neck or back while performing activities may result when parts are not positioned directly in front of you.



Common Causes

Using tools and equipment on the floor

Tools and materials located to the side of the employee

Reaching across the body to retrieve parts

Lifting from floor level

Stationary seated workstations that prevent turning but cause twisting

Common Solutions

Extend handles to eliminate bending

Locate tools and materials in front of you, allowing access without twisting

Place part bins on the side of retrieval

Do not place materials on floor; use load levelers or lift tables to maintain height

Use standing workstation, moving the feet to turn

