

TAKE A MINUTE FOR YOUR SAFETY

BACK INJURY PREVENTION

Back injuries continue to be one of the most common types of injuries suffered by member employees. Generally, these injuries occur when we are handling materials, and most commonly when we try to lift or move an object that is too heavy for a single person to handle. Following these recommendations should help prevent a back injury.

Should I Lift This Alone?

Before attempting to lift an object, go through this checklist to ensure you are physically capable of the lift.

- Can I safely move the object without assistance?
- How high off the ground does it have to be?
- Is the object awkward to carry?
- How far must I carry the object?
- Is this a one-time lift or something that must be completed frequently?
- Are you trying to prove something by lifting it alone? This is never a good idea.

Plan the Lift

- Make sure the pathway is clear of hazards.
- Remove any tripping hazards.
- Ensure the floor is dry.
- Use lift assists whenever possible, i.e. forklift, dolly, cart, hand truck or hoist.
- If a lift assist is not available and the item exceeds your ability, wait to perform the lift until you have access to a lift assist or another person to help.

Lift It Correctly

When you must lift an item that weights over 25 pounds you should follow these procedures:

- Stand close to the object, then squat or kneel.
- Maintain a natural curve in your lower back.
- Ensure a good grip on the object.
- Keeping the object close to your body, lift it with the power of your legs and keep you back straight as you stand up.
- As you stand up, tighten your core muscles.
- Do not twist at your waist, pivot with your feet.



TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

COUNTY/AGENCY: _____

DATE OF TRAINING: _____ PRESENTER: _____

TOPIC(S): _____

Print Name

Signature

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