

Company Log Here

Company Name _____ Job name _____ Date _____

Back Injury Prevention

Background and Purpose:

Workers can often continue to work with minor injuries, but a real back injury is always disabling and very painful. Incorrect lifting causes most back injuries. This safety discussion will focus on how to correct bad lifting habits.

What are some of the unsafe actions we take when lifting that can cause back injuries?

1. We will sometimes jerk on the object if it is caught on something.
2. We may try to lift more than we can handle, or try to lift something that is too awkward.
3. We might twist while lifting, which can cause nerve damage in the back.
4. We are not always careful about our footing when we lift.

There are six basic steps or things to remember about making a lift properly. What are they?

1. Keep your feet shoulder width apart and your body weight directly over your feet. This gives you better balance.
2. Bend at the knees and use your legs to lift.
3. Keep your back as straight as possible. Do not arch your back.
4. Keep your chin tucked in which helps keep your head, neck, and back in a straight line.
5. Grip the object with your whole hand, including the palm and fingers.
6. Arms and elbows must be kept in close to the body. Keeping the load close to your body lessens the strain on your back.

What are some of the common-sense rules to remember about lifting that will help prevent back injury?

1. If you are going to change direction, turn your lead foot in the direction of travel before you lift so as to prevent twisting while making the lift.
2. Use work gloves when lifting rough or sharp objects. This will help keep you from dropping the object and possibly pulling a back muscle.
3. Never reach and lift. Either pull the object closer to you or move yourself closer to the object.
4. If an object is too heavy for you to lift alone, ask someone to help lift it with you.

Discuss recent incidents (if any)

Seek employee feedback

Meeting Attended By: _____

Supervisor's Signature _____

These instructions do not supersede local, state, or federal regulations

