

TOOLBOX TALK: LIFTING AND BACK SAFETY

A Leading Cause of Workplace Injuries

Poor posture, loss of flexibility, stress, bad working habits and a decline in physical fitness can contribute to back problems. It is vital to your health to practice safe habits in these areas as well as correct lifting techniques to reduce the risk of back injuries.

REDUCE THE RISKS OF BACK PAIN

EXERCISE AND FLEXIBILITY PLAY AN IMPORTANT ROLE

Exercising and stretching helps use our body's full range of motion. When a sudden, physical demand takes a muscle or joint further than it's used to, the risk of injury is high. Stretching can keep your body flexible and ready for the physical demands of work.

NOT MOVING ENOUGH

Staying in the same position for too long can lead to muscle spasms that feel like stiffness. By the time discomfort from "static" muscle contractions is experienced, low level tissue damage has begun. Take breaks to stretch between long standing or sitting periods to improve circulation and prevent back strain.

PLAN AHEAD BEFORE LIFTING

Assess what you are lifting and figure out the best method to move it. It is also important to know its weight to determine if you can safely lift it. Make sure the pathway is dry and clear of debris. Do not attempt to handle more than you can manage.

TIPS FOR SAFE LIFTING

- Avoid using fast or jerking motions when lifting.
- Avoid bending and twisting at the same time. If you need to turn, do it with your feet.
- Get as close to the object as possible. Keep the load close to your waist when lifting.
- Teamwork! If the load is heavy or awkward to hold, two people should carry the load. Make sure to lift at the same time and keep the load level.
- Use equipment to carry the load if possible, but make sure you are trained prior to operating equipment.

We Are Here

Do you have a question about safety and health? Contact us and we can assist you in making your workplace safer.

safeatwork.mo.gov

I will practice safe lifting techniques and take precautions to reduce the risks of back injury. I will work in a safe and responsible manner.

COMPANY: _____

DATE: _____

EMPLOYEE NAME:

EMPLOYEE SIGNATURE:

[illegible]

Learn more ways to keep your workplace safe.
Visit safeatwork.mo.gov.

