



Toolbox Safety Talks

Back Safety

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- 1) What are the hazards involved with improper lifting techniques?
 - a. Back Injuries
 - i. Strains & sprains
 - ii. Permanent, life long injuries

- 2) What hazards should be recognized?
 - a. Size of the object to be lifted
 - b. Weight of the object to be lifted
 - c. Shape of the object
 - d. Path of the move
 - e. Presence of handles or other grips
 - f. Twisting hazards

- 3) What safe practices should be used?
 - a. Pace yourself, take breaks between lifts
 - b. Don't over do it, if you have to strain to carry a load, it's too heavy
 - c. Lighten the load by dividing it up and making more than one trip
 - d. Prior to lifting, check your path, make sure it is free of debris and wide enough for you and the load
 - e. Don't be afraid or embarrassed to ask for help
 - f. Push, don't pull heavy objects
 - g. Avoid reaching overhead to place or pick up loads
 - h. Avoid twisting while carrying a load
 - i. Never try to catch a falling load

- 4) What objects do we carry that are awkward or heavy?
- 5) Does anyone here have a sore back when they get home from work?
- 6) Why do you think your back is sore?
- 7) Can someone demonstrate the proper lifting technique?
- 8) Is there anywhere we can use a lifting device instead of lifting manually?
- 9) What should you do if your load starts to fall while you're carrying it? Why?



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Make Time for Safety, Everyday! – Yes, production is important, *but the focus must be on Safe Production!* Keep that in the back of your mind. Don't take risky chances and stay out of harm's way. Nobody goes to work thinking 'I'm going to get hurt or killed on the job today!' But every day 15,000-17,000 workers suffer disabling injuries on the job and another 11-17 are killed. *What are you doing to make sure it doesn't happen on your shift?*

Keep stoking the fire; we can't let the 'Safety Train' run out of steam!

Date Presented: _____

Presented By: _____

Attendance Sheet
