

Toolbox Safety Talks

Back Safety

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

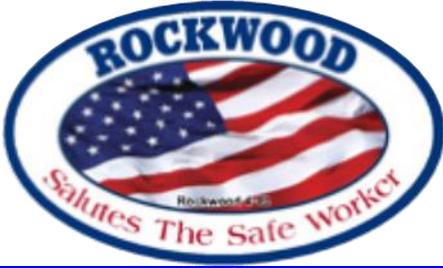
- 2) What hazards should be recognized?
 - a. Size of the object to be lifted
 - b. Weight of the object to be lifted
 - c. Shape of the object
 - d. Path of the move
 - e. Presence of handles or other grips
 - f. Twisting hazards

- 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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Date Presented: _____

Presented By: _____

Attendance Sheet



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