

Date: \_\_\_\_\_

Job Name: \_\_\_\_\_

*Remember the hierarchy of controls and always use the most effective*

Back injuries are some of the most prevalent and hardest-to-prevent injuries on the job. Back injuries account for one of every five workplace injuries or illnesses. These types of injuries account for a large majority of worker's compensation claims every year.

#### Back injuries often occur when:

- An individual is lifting up an object
- Using improper lifting techniques such as lifting with the back & not the legs
- Lifting an object that is too heavy for the individual
- Twisting while lifting or carrying objects
- Repetitive lifting during a work task

#### Ways to Prevent Back Injuries:

**Eliminate-** The best way to protect individuals against back injuries is to eliminate as many lifts as possible during the work day. Using equipment such as forklifts, heavy equipment, dollies, etc are the best way to achieve eliminating handling and lifting objects by hand. Break down large or heavy objects that pose a hazard when lifting into smaller safer loads when possible.

**Engineering Controls-** Setup work areas that are ergonomically friendly to all employees. Install mechanical lifting devices and conveyor belts where feasible to limit handling objects. Install proper shelving and setup storage areas that keep objects and lifts within an optimal range. Keeping objects within the proper range helps keep employees from making awkward or dangerous lifts that can result in a sprain.

**Administrative Controls-** Use the buddy system when lifting any awkward or heavy objects. Also, always select employees who are physically capable of making the lifts of a task before the work begins.

**Personal Protective Equipment-** such as back supports, or back belts have not shown to be overly effective in preventing back injuries. These devices often create a false sense of security when completing lifts. Individuals should focus on stretching and using proper lifting techniques over using a back belt to keep them safe.

Supervisor Signature: \_\_\_\_\_

# WEEKLY SAFETY MEETING

Vol.24 | No.18 | Week of 04-30-24

MEETING ATTENDEES

Date:

Job Name:

Print:

Signature: