



SAFETY TALK

Back Care - Basic Lifting

Back injuries represent a large percent of injuries in the heavy construction sector. Approximately 1 in every 100 construction workers report back injuries - typically causing them to miss 7 - 30 work days per year.

Explain dangers

Heavy construction involves a lot of manual lifting.

- Back, neck, and shoulder injuries are common
- Manual lifting in cramped or awkward conditions increases the risk of injury

Identify controls

Avoid lifting above shoulder height. This causes your back to arch and puts a lot of stress on your shoulder and spine.

Push rather than pull. Pushing puts less stress on the spine.

Lift safely by planning

- Size up the load
- Make sure the path is clear
- Get help if you need it
- Use a dolly or other materials handling equipment whenever you can

Demonstrate

As you talk demonstrate actions.

- Get as close to the load as possible
- Put yourself in the best position for the lift. Avoid twisting from the waist, reaching out, and leaning over equipment or material when lifting
- Keep one foot slightly ahead of the other for better balance
- As you lift, tighten your stomach muscles.
- Use your legs to lift
- Pivot to turn. Avoid twisting your back
- Lower the load by maintaining the curve in your lower back

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:

