

Back and Lifting Safety Toolbox Talk

Proper Body Mechanics is Key!

Back injuries are one of the leading causes of restricted duty in the workplace. They can result from many factors:

- Repetitive motion
- Weight of load being lifted
- Position of your body when lifting or carrying a load
- Duration a load is carried or held

Before Lifting:

- Think about the task you are going to do
 - Do you need to lift the object manually?
 - How heavy is the object?
 - Where are you moving the object to?
 - What route do you have to follow?



SAFE WEIGHT LIFTING

Back and Lifting Tips to Help Avoid Injuries:

- Squat with your legs - don't bend at the waist
- Turn your whole body towards object - don't twist your hips
- Inspect your area for slip, trip and fall hazards
- Ask for help - don't overexert yourself
- Utilize a cart or other equipment to move heavy or awkward loads
- Don't lift more than 50lbs by yourself
- Avoid sudden jerks or pulls on a load that could cause injury



