Back and Lifting Safety Toolbox Talk UNI / University of Northern Iowa

Proper Body Mechanics is Key!

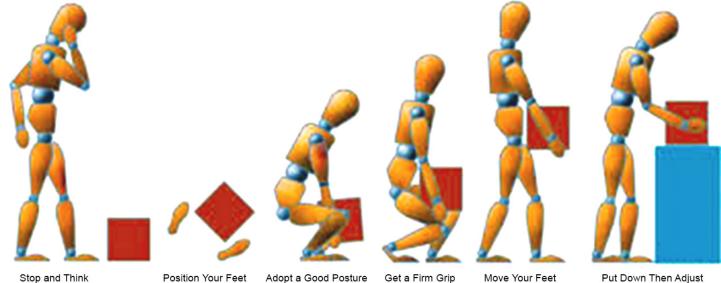
Back injuries are one of the leading causes of restricted duty in the workplace. They can result from many factors:

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





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



Back and Lifting Safety Toolbox Talk Value of Northern Invan.

Discussion Date:
Supervisor:
supervisor.
Attendees: