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Back Protection

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TOPIC: Back Protection

When lifting heavy objects, follow these steps to prevent injury.

Take Proper Precautions

- Test every load before lifting by pushing the object lightly with your hands or feet to see how heavy it is.
- Make sure the weight is balanced and packed correctly.
- Ensure a tight grip on the object before lifting.
- Make sure load is easy to reach.

Practice Good Form

- Use slow and smooth movements.
- Keep your body facing the object, and keep the load close to your body while lifting.
- Lift with your legs whenever possible—bending your knees while keeping your back straight to lift the load.
- Carry the load in the space between your shoulder and waist.

Be Smart

- Take small breaks between lifting when necessary.
- Do not try to lift something that is too heavy. If you have to strain to carry the load, it is too heavy.
- Make sure there is enough room to lift.
- Make sure you can see where you are walking.
- Avoid walking on unstable surfaces while carrying a load.
- Use a dolly or forklift if necessary.

Discussion Date: _____

Employee Participants:

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