

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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Job Name _____

Date _____

BACK INJURY PREVENTION

Every day, we arrive at work ready to spend 8 to 12 hours on the job. During that time, many of our tasks involve lifting, carrying, and moving materials. At the end of the day, you may be going home with a sore back. Some of you might even leave the job with severe back pain. Since your back is critical to your ability to function and perform all physical activities, it's important that you learn how to protect yourself from back injuries.

Back injuries continue to be among the leading causes of worker disability. Let's discuss some of the ways you can prevent injuries and keep your back in good shape.

Exercise: Thirty minutes of exercise just 3 days a week can help strengthen your back and stomach muscles to reduce the strain your back endures every day. Invite a family member or co-worker to join you in an exercise program. Be sure to check with your doctor before starting any strenuous exercise plan.

Maintain A Healthy Weight: Carrying excess body weight places additional pressure on your back. Talk to your doctor about developing a sensible diet and nutrition plan that will complement your exercise routine.

Practice Good Posture: Remember to stand tall, with your

back straight, head up, and your shoulders back. When seated, sit up straight and avoid slouching or hunching over. Keep both feet on the floor.

Use Proper Lifting Techniques: Before lifting, survey your route. Look for spills, obstructions, and tripping hazards. Size up the load and get help if it's too heavy, bulky, or awkward. Protect your hands and feet. When you're ready to lift, make sure your footing is solid; keep your back straight; grasp the load firmly; lift with your legs, and keep the load close to your body. Lower the load by squatting down, keeping your back straight as you release the object.

Avoid Twisting, Bending, and Pulling: Instead of twisting, turn your whole body to face your task. Don't bend at the waist; instead, remember to squat. When moving an object, push it instead of pulling it.

Don't neglect your back at home. Whether you're carrying children, groceries, or yard trimmings, always use proper lifting techniques.

If you suffer from back pain, seek appropriate medical attention before the injury worsens. Follow all your doctor's orders to prevent further injury or disability.

**Preventing back injuries is much easier
than repairing them.
Watch your back!**

SAFETY REMINDER

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____

These instructions do not supersede local, state, or federal regulations.