

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

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Week of 02/1/2021

Company Name _____ Job Name _____ Date _____

OH, MY ACHING BACK!

Do you ever grunt and groan when you have to lift a heavy object? Does your back hurt at the end of the workday? If so, you need to listen and learn during today's safety meeting. Back strain and back pain account for millions of lost work days. More than 400,000 people suffer **disabling** back injuries each year. The risk of back injuries can be decreased by using proper lifting techniques.

The National Institute for Occupational Safety and Health (NIOSH) has published a formula to evaluate lifting tasks. The weight of the object you're lifting is clearly important; however, there are other factors besides weight that affect the amount you can lift safely. You must consider the distance from your body to the center of gravity of the load. Think about the starting and ending heights of the lift. Consider whether there is a good way to grasp the load. Finally, decide how often you will lift the load, for how long, and whether you will have to twist your body to do it.

Before you lift any object, know where you have to take it and how you will get it there. Make sure the path you will travel is free of obstacles. Pay attention when going through doorways or narrow passages to avoid injuring your hands and knuckles. Check the load for hidden hazards — splinters, slivers, sharp edges, and protruding nails can cause nasty injuries.

After you have considered all of these factors and you are ready to lift the load, remember to lift properly:

- Keep your feet about shoulder-width apart.
- Squat down with your spine straight.
- Get a good, solid grip on the object.
- Keep your elbows and arms tucked in for more strength and better stability.
- Place your body weight directly over your feet.
- Lift with your legs, **not** with your back.

If you have any doubts about a lift, ask others to help you. Heavy or bulky loads should not be carried alone. Remember to think ahead, plan your lift, and to execute the lift safely. Ask your supervisor for assistance if you don't know proper lifting techniques.

SAFETY REMINDER

**Some loads are too heavy for people —
use some kind of mechanical assistance.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____