

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 13 Vol. 21 Week of 3/27/2023

Company Name _____ Job Name _____ Date _____

BACKS AND LIFTING

Each year thousands of work days are lost due to back pain and back injuries. Lifting improperly or lifting objects that are too heavy can result in life-long pain and permanent disability. By lifting carefully and correctly you are much less likely to be injured. Do you know how to lift safely? Listen carefully as we discuss some techniques that will help you lift safely.

Know your limitations. Even if you lift the object properly, you can still get hurt if you lift more than your body can handle. The weight of the load is not the only factor. The size, shape, and bulk of a fairly light object can make it more difficult to lift than a more compact heavy one. Assess the load and the distance it is to be carried. If the load exceeds your limitations, get some help. Ask a co-worker for assistance or use a machine such as a cart, a hand truck, a dolly, or a forklift. Get help...not hurt.

When you are ready to lift, start by facing the object squarely with your feet about shoulder width apart. Be sure you have a solid footing. Keep the object as close as possible to your center of balance. It is safer to use bigger, stronger muscles and joints to do the lifting; that means using your legs instead of your back. Keep your back straight; squat down by bending your knees. Grasp the object. Make sure that you have a good grip that won't begin to slip or become painful while you are holding the object. Lift the object by straightening your legs gradually and smoothly and keeping your back straight. To put the object down, simply reverse the procedure: lower it by bending your knees and squatting down, again keeping your back straight; let go of the object; stand up.

If you already lift properly, keep up the good work. If you have bad lifting habits, start breaking them today. Now is the time to learn how to lift carefully and correctly. If you wait until after you injure your back, you'll still have to learn, it will just be more painful. Remember that knowing **how** to lift correctly is not enough; to prevent back injuries you must put your knowledge into practice.

SAFETY REMINDER

**Twisting and reaching during a lift
increases the likelihood of an injury.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____