

# >> TOOLBOX TALK - Back Care: Basic Lifting

## Explain Dangers

Some jobs involve a lot of manual lifting.

- Back, neck, and shoulder injuries are very common.
- Manual lifting in cramped or awkward conditions increases the risk of injury.

## Identify Controls

- Avoid lifting above shoulder height. This causes your back to arch and puts a lot of stress on your shoulder and on the small joints in your spine.
- Don't try to catch falling objects. Your muscles may not have time to coordinate properly to protect your spine.
- Push rather than pull. Pushing lets you maintain the normal curves in your back and puts less stress on the spine.

## Safe Lifting Starts with Planning

- Size up the load.
- Make sure the path is clear.
- Get help if you need it.
- Use a dolly or other materials handling equipment whenever you can.

## How to Lift Safely

- Get as close to the load as possible. This is very important. Our lifting capacity is reduced the further away we are from the load.
- Put yourself in the best possible position for the lift.
- Try to avoid twisting from the waist, reaching out, and leaning over material or equipment when you lift.
- Use a well-balanced stance with one foot slightly

ahead of the other.

- Tighten your stomach muscles as you start to lift.
- Keep your lower back in its normal curved position and use your legs to lift.
- Pick up your feet and pivot to turn. Don't twist your back.
- Lower the load. Maintain the curve in your lower back. You can hurt your back just as easily lowering a load as lifting it.

## Two Person Lift

Partners should be roughly the same height.

Before the lift, both partners should agree on:

- the type of lift (waist-high, shoulder-high, etc.);
- who will take charge; and
- how they will lower the load.



Demonstrate and Discuss Ways to Avoid Back Injury

Complete and attach Toolbox Talk Meeting Form and process as per company policy.

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## TOOLBOX MEETING FORM

Date: \_\_\_\_\_ Project: \_\_\_\_\_

Supervisor: \_\_\_\_\_ No. in Crew: \_\_\_\_\_ No. Attending: \_\_\_\_\_

Review Last Meeting:

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	Names of Attendees (Signature Required)
<b>Topics Discussed (policies, practices, procedures, hazard assessment):</b>	
<b>Suggestions Offered:</b>	
<b>Action(s) to be Taken:</b>	
<b>Injuries/Accidents Reviewed:</b>	

Supervisor's Remarks: \_\_\_\_\_

Signature: \_\_\_\_\_