

# SAFETY MEETING

Company Name: Superior Waterproofing Job Name or #: \_\_\_\_\_ Date: \_\_\_\_\_

4/28/17

## BACKS & LIFTING

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“Oh, my aching back!” If your employees are like most people, they have moaned out that refrain more than once in their lives. Backaches and back injuries occur for a wide variety of reasons. One of those reasons is poor lifting techniques. Unfortunately, the muscles attached to the bones in the spinal column are not built to handle the heavy stress of lifting, so if your employees don't use proper lifting techniques, they can damage their back muscles and cause painful injuries. Here are some tips for lifting safely that you can share with your employees:

- **Plan the lift before you begin** — Ask yourself if you will grip the object. Where do you have to move it? How will you get there? How will you put it down when it reaches its destination?
- **Lift just an edge of the object** — This will help you get an idea of the weight. If it's too heavy, get help or find a hand truck to move it.
- **Stand correctly** — You should be close to the object to be lifted, and your feet should be planted firmly on the floor, somewhat apart with toes pointing out.
- **Squat down** — Keep your back straight, your knees bent, and your stomach muscles tightened to support the spine during the lift.
- **Grasp the object firmly** — Test to be sure you can lift the object successfully before you move with it. Keep the object close to your body — the closer it is, the less force it exerts on your spine.
- **Move slowly into an upright position** — Lift with your leg muscles, and keep your back straight as you stand up.
- **Be sure you can see where you are going** — Take small steps and move slowly and cautiously.
- **Don't twist your body during a lift** — Twisting your torso while you are carrying a heavy object can cause injury.
- **Bend your knees to unload** — Once you get to the destination, keep your back straight, your feet firmly in place, and the weight of the object close to your body as you bend at the knees to lower the object into position.
- **Watch your fingers** — Be sure you have allowed room for your fingers and toes when you place an object down.
- **Slide the load** — If you have to position the object into a relatively tight space, slide it rather than try to maneuver its whole weight. If the destination is a bench or table, rest the object on the edge of the structure and slide it forward.

**Question:** 1). Place these items in order 1 through 5. \_\_\_ Plan the lift \_\_\_ Squat down \_\_\_ Grasp the object firmly  
\_\_\_ Lift Slowly \_\_\_ Stand close to the object

**WHAT UNSAFE OPERATIONS DID YOU FIND ON YOUR JOBSITE THIS WEEK?** \_\_\_\_\_

**What Corrective action was taken?** \_\_\_\_\_

Meeting Attended By \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_