

TOOLBOX TALKS

Back Protection

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Discussion Date: _____

Employee Participants:

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TOPIC: Back Protection

When lifting heavy objects, follow these steps to help prevent injury:

Take Proper Precautions

- Before lifting an object, test the weight of the load to get an idea of how heavy it is by lightly lifting or pushing the object with your hands or feet
- Try to ensure the object is balanced evenly and packed correctly
- Make sure the load is easy to reach and not too far above your head
- Ensure a tight grip on the object before lifting

Practice Good Form

- Lift the load with the muscles in your legs while bending your knees
- Avoid using your back muscles
- Keep your back straight during the lift
- Any movement should be slow and smooth
- Face the object and keep the load close to your body when lifting
- Carry the load at your mid-section—between your shoulders and waist

Be Smart While Lifting

- Take small breaks between lifting, if needed
- Do not try to lift something that is too heavy—if you are even slightly strained when trying to carry the load, it is too heavy
- Do not hesitate to ask for help
- Use a dolly or forklift when necessary
- Make sure there is enough room around you to lift the load
- Always have a line of sight when walking with the object
- Avoid walking on unstable surfaces or around trip hazards while carrying a load

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