

Company Name: _____ Dept: _____ Location: _____ Date: _____

#74

BACK INJURIES

There are approximately 400,000 back injuries each year. They are the leading source of lost time injuries and cost billions of dollars annually, not to mention the days, weeks and even months of disabling pain they cause. In construction work, material is constantly being lifted and carried around the jobsite, which is why learning and practicing the basics of back safety are extremely important. Learning proper lifting and carrying techniques will result in improved performance and reduce the risk of injury.

The most common back pain occurs in the lower section of the back. This part of the back is very vulnerable to injury and can be easily damaged by the stress and strain of lifting incorrectly such as making a sudden twisting movement. The spinal column consists of a series of individual bones stacked like blocks with a cartilage disk or cushion between each block. The strain of an improper lift can displace or rupture a cartilage disk resulting in intense pain. The injury may only be temporary but can be serious enough to require surgery, or the damage may be permanent and cause pain indefinitely. Either way, the victim faces pain, possible physical therapy, a back brace and even total disability.

The safest way to lift is to get a firm footing with your feet about shoulder-width apart. Remember to hold the load close to your body. Squat and bend at your knees, not at the waist. Grasp the load securely and lift with your legs, keeping your back in a vertical position or perpendicular to the ground. Continue to hold the load close to your body as you lift and carry and avoid making any kind of twisting movement. When setting the load down, reverse the procedure, remembering to squat so that your back does not bend.

These rules for proper lifting apply whether the load is light or heavy, large or small and can prevent irreparable damage and pain.

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Document Filing Reference

Notes & Suggestions