



# BREAKROOM SAFETY MEETINGS



Safety Services Company-Safety Meeting Division, PO Box 6408, Yuma, AZ 85366-6408 Toll Free (866)204-4786

Company Name: \_\_\_\_\_ Workplace Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Instructor/Supervisor: \_\_\_\_\_

## Topic M18: Back Injury Prevention

**Introduction:** Proper lifting techniques are crucial to preventing back injuries in the workplace. Reports indicate that every year thousands of employees needlessly injure themselves due to improper back injury prevention. Back injury is one of the most common injuries in the workplace. Back injury is one of the most preventable types of workplace injury! Proper lifting techniques such as lifting with the legs and keeping the back straight can help prevent back injuries from occurring.

Meetings can be customized with your company name and logo

Great selection of topics to choose from to customize your training program

### Section I: Safety Hazards:

- **Stretching your legs and back** is imperative prior to lifting any objects.
- **If you are sitting** for extended periods, get up and stretch periodically.
- **If your back** is sore, ice the sore area; applying heat to a recent injury increases swelling.
- **Practice proper posture**; poor posture weakens the back.
- **Exercise** your abdominal muscles; a strong stomach reduces the chance of back injury.
- **If working in** a stationary, standing position for lengthy periods, use floor pads, rugs, or carpet to help prevent back fatigue.
- **If working at** a desk or bench for extended periods, ensure that the chair and desk, or bench, are adjusted for your height.
- **Walking for extended** periods can help to keep back muscles loose and posture straight.
- **A regular exercise routine** will help your back stay strong and injury free.

### Section II: Proper Lifting Techniques are Necessary to Prevent Back Injuries:

- **Have a supervisor** or a competent worker assist you with the proper method of bending and lifting.
- **Size up the load** before you lift. Test the load by pushing. If it is heavy or feels too clumsy, get help from another worker.
- **Make sure your grip** is secure and firm.
- **Bend your knees**, keeping your back as straight as possible when raising or lowering the object.
- **Lift smoothly and straight up.** Let your legs do the work, not your back!
- **Keep your feet** at shoulder width close to the object, and center your body over the object when lifting **ALL** objects.
- **Do not twist your body** when lifting an object. Turn your whole body by changing foot position.
- **Do not lift** heavy objects above or away from your body.
- **Stop lifting immediately** if sharp pains develop during, before, or after the lift.
- **Use back supports** or braces whenever doing repetitive heavy lifts. Always inspect your belts for defects and proper fit. Remember that a back brace does not make you stronger.
- **Do not use co-workers'** back supports or braces. They are fitted to that worker for their safety.
- **Do not exceed** your lifting capabilities. If you can tell you are having problems lifting an object, ask for assistance or use a lifting device.
- **Always push** a load on a cart or dolly, do not pull it.
- **Split the load** into several smaller ones when you can. If it is a long or awkward load, get some help.
- **Use mechanical** lifting devices whenever possible.

**Conclusion:** Although back problems are one of the most common types of pain and disability, most back injuries are completely preventable by using proper lifting techniques and maintaining good physical condition. A well-toned body can take unexpected stress or strain better than one suffering from lack of exercise. Report any injuries to the supervisor immediately.

**Employee Safety Suggestions and Specific Workplace Hazards:** \_\_\_\_\_

**Personnel Safety Violations:** \_\_\_\_\_

**Employee Attendance:** \_\_\_\_\_ (Personnel who are attending this meeting)

Verification of employee attendance and safety suggestions

EMPLOYEE QUIZ demonstrates your employee's understanding of material

**Instructor's / Supervisor's Signature:** \_\_\_\_\_

**Instructor's initials:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Time:** \_\_\_\_:\_\_\_\_ AM / PM

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.

ANSWERS TO EMPLOYEE QUIZ: 1) C, 2) A, 3) C, 4) D, 5) B, 6) D, 7) A