



Safety Meeting Outline



SMO 04-0601

BACK INJURY PREVENTION

By SeaBright Insurance Loss Control

Back injuries are common in the workforce today; they make up approximately 35% of all occupational injury expenses, amounting to approximately \$30 billion each year.

We all need to do our part to prevent back injuries...they are not only painful, but they are also too numerous, and too expensive to ignore. Many believe back injuries are the result of overexertion, and frequently they are. Lets discuss the other factors that can cause back injuries:

- *Lack of Training* — Workers should be trained in the proper use of mechanical lifting equipment. Employees should also be instructed on how to lift properly – lift with the legs, keeping the back straight. Remember, a safe lift begins in the mind, and training is part of that process.
- *Poor Housekeeping and Maintenance* — Back injuries can result from slips, trips and falls. Falls frequently occur from cluttered walking and working surfaces. Keep stairs free from fall hazards. Maintain all walking and working surfaces in good repair.
- *Physical Stress* — Some jobs are just too much for one! If there is a task that you cannot do alone, ask for help. Put that "Macho-Image" aside. You cannot be macho by being impractical. Back injuries can last a lifetime and you don't need a life of pain. Regardless of your physical condition, your back has limitations that have nothing to do with being "in shape." The discs in the spine, that act as cushions between your vertebrae, do not get stronger - ever - they actually begin to gradually deteriorate, as you get older, much like your teeth. Physical conditioning will not prevent cavities, nor will it strengthen your discs.
- *Emotional Stress* — Production pressures, or monotony can cause tension and back pain. Leave personal stress at home.
- *Workstation Design* – Is your workbench too high, or too low? If so, you may experience back pain from repeatedly bending or reaching during the workday. What is the floor surface at your workstation? Concrete is difficult to stand on for long periods of time. Try a mat to relieve long periods of standing on the hard surface.

Maintain a healthy back by using safe lifting techniques.

Keep your back in shape with exercise and stretching.

Caring for your back in every thing you do each day, will help you have a long and pain-free working career.

The materials contained in this outline are not intended as legal, business, or risk management advice to any party, and in no way represent advice with respect to specific practices of any party or any undertaking by SEABRIGHT INSURANCE COMPANY in any regard. SEABRIGHT has not confirmed or verified the accuracy or correctness of such materials or any information on which they may be based and makes no representation or warranty as to the content of this outline or its accuracy, or its appropriateness or its suitability for any particular reader, situation or practice, or as to conformance with applicable laws or regulations. Readers should conduct and rely on their own investigations before acting upon or otherwise using such materials. Questions about this material should be addressed in writing to the loss control department, SeaBright Insurance Company, Suite 1600, 2101 4th Avenue, Seattle, WA 98121, or by email to losscontrol@sbic.com.

SAFETY MEETING AGENDA

DEPARTMENT/JOB SITE: _____ MEETING DATE: _____

1. **Open Meeting & Present safety topic:** _____
2. Read minutes from previous meeting.
3. **Persons present:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. **Old Business** – Status of previous recommendations. Discuss pending old business if any.
5. **Accidents** – Discuss accidents and near misses that have occurred since the last meeting. Brief summary of accidents to date by number and type. Note any trends. Discuss corrective action taken, or needed. Concentrate on accident causes to make everyone more aware.
6. **Inspection Reports** – Report on findings and recommendations of any inspection reports made since last meeting.
7. **New Business** – Solicit employee suggestions. Discuss new procedures, changes to company safety policy, etc.

TIME MEETING STARTED: _____ TIME FINISHED: _____

MEETING CHAIRED BY: _____ TITLE: _____