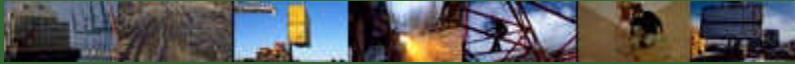




# Safety Meeting Outline



**SMO 02-0504**

## **LIFTING TIPS TO AVOID BACK INJURY**

*By SeaBright Insurance Loss Control*

Each year, about a million people in this country suffer a back injury. 80% of the American population will seek medical advice for back pain sometime during their lives. Since this type of injury can be very painful and slow to heal, everyone should take extraordinary measures to avoid such suffering. *Most back injuries can be prevented* if people remember the Basic Back Care Rules, both at work and at home:

- Remember to lift with your legs, not from a stooped position.  
When you bend over to lift, it creates unbelievable stress on your discs and can cause damage to muscles and ligaments as well.
- Get help with heavy loads.  
Use a mechanical device, or get a buddy to give you a hand. This is not a sign of weakness. Your discs don't respond to physical conditioning (although your major muscles do) and thus are subject to damage regardless of what kind of shape you are in.
- Warm up before attempting the "big" lift.  
Do a little pre-task stretching and get your muscles limbered up before picking up something heavy or awkward. Start with light lifting and work up to the "big" one.
- Break down the loads whenever possible.  
Make two small lifts rather than one big lift. It may take a few seconds longer, but you'll make up for it by becoming less fatigued and you'll be able to work more safely without a muscle strain.
- Avoid twisting when you lift!  
Move your feet and turn your entire body along with the load. Lifting a heavy object and twisting at the same time can be a killer, because of the torque this puts on your vertebrae and discs.
- Check your path before you start the lift.  
Inspect your path for tripping hazards and remove the hazards before you start the lift. This will help to assure you have good footing while carrying and handling the load.

Without question, back injuries are a number one problem in today's society. But if you practice and apply the principles of proper body mechanics and lifting techniques on the job, you'll improve your chances of being injury free and able to do all of the things you hope to both at home and work.

**Don't you become a back injury statistic!**



# 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: \_\_\_\_\_