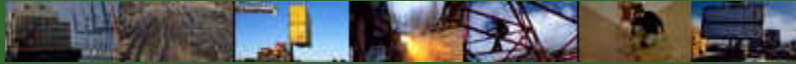




Safety Meeting Outline



SMO 02-1101

CARING FOR YOUR BACK COULD BE A REAL STRETCH

By SeaBright Insurance Loss Control

It is estimated that eight out of 10 Americans will eventually suffer a back injury or have some type of back pain. Statistically, industrial back injuries may be included within a variety of musculoskeletal injuries. But without a doubt, back injuries account for a significant percent of costly and disabling occupational illnesses. Often these occur because our body lacks flexibility or our muscles are too weak for the work being performed.

Back injuries are often difficult to treat and can result in lengthy and costly rehabilitation. For this reason, every effort must be made to stay healthy and in good shape, so that we can do our jobs better and live a pain free life. The best way to stay in shape is to exercise regularly. Studies show that people who exercise at least three times a week are much less likely to be injured on the job. Whether you are lifting at home or at work, make an effort to take care of your back. An easy way to do this is to practice quick and simple warm up stretching exercises before beginning work. By warming up your muscles, you prepare yourself for the task at hand. Here are a few warm-up stretches you can do:

STANDING EXTENSION

- Raise your arms overhead, above your shoulders.
- Interlock your thumbs.
- Extend your body upwards on your toes.
- Spread your fingers, applying pressure to your thumbs.

LEG AND BACK WARM UP

- Prop one foot on a chair or stool.
- Take a deep breath and ease forward slowly.
- Keep your back slightly curved as you exhale.
- Repeat several times and then switch feet.

HAMSTRING STRETCH

- Assume a stride position with your right leg forward, legs straight, feet flat on the floor.
- Place both hands on your right knee, rotate hips to left.
- Repeat several times and then switch feet.
- Push upward with your hands and arms; switch legs.

LATERAL STRETCH

- Place your right hand on your hip.
- Extend your left arm overhead.
- Bend upper body, arm and head to the right; hold.
- Repeat on the opposite side.

CALF STRETCH

- Assume a stride position with your left leg forward.
- Keeping your right leg straight with feet flat on floor, bend your left knee and place both hands on it.
- Move your hips forward, hold and then switch legs.

BACKBENDS

- Stand with your feet about 12 inches apart. Support the small of your back with your hands, pull your stomach in firmly and take a deep breath. Arch your backward slowly, and exhale. Bend your head and neck as you go.
- Repeat several times.

A few Rules to Stretch by: Always stand relaxed with your back straight before each stretch. Do stretches at your *own* pace. Stretch to the point of comfortable tension. Hold each stretch for a count of at least 10. Never bounce when stretching. Breathe steadily. Athletes warm up—you should too!

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: _____