

Safety meeting blueprint

✓ Meeting Topic: Back safety

✓ Today's Date: _____

✓ Attendee Signatures:

Yes, most of us know lots of people who experience back pain. But were you aware that more than one million back injuries are reported by U.S. workers every year? It's true, according to the U.S. Bureau of Labor Statistics. That's why you should prioritize safety in order to prevent back injuries.

Most back injuries result from poor posture, overexertion, twisting, reaching, or bending. And keep in mind that three out of four back injuries happen during lifting activities.

Wear nonskid shoes

One way to avoid a back injury is to wear a pair of flat, comfortable, well-cushioned, nonskid shoes.

Also, take your time while performing demanding physical tasks. Consider: The extra minute you may have saved rushing the job could turn into a two-hour-long trip to the emergency room for a strained back.

(Can anyone explain how to prepare to lift a load?)

Before lifting a load, examine it.

Check the size, shape and weight of the load. Look at the object and decide how you'll transport it. Verify the load is stable and balanced. First, try moving it with your foot. If you can't budge the item, you'll probably need a coworker's assistance. Or you can use equipment such as forklifts, dollies, carts, hand trucks, or hoists.

Plus, plan your travel route. The route should be flat, dry, and clear of debris, spills and pedestrians. Ensure all doors are open.

Lifting a load

Now you're ready to lift the load. Set up a wide, balanced stance with your feet shoulder-width apart and one foot placed in front of the other; this will prevent you from falling over.

As you pick up the load, get as close to the object as possible and keep your back straight. Tuck your chin into your chest and look in a forward and upward direction. Grasp the object firmly with both hands and all ten fingertips. Bend using your knees, not your back.

While you lift, breathe

out. If you need to turn, use your feet to pivot instead of twisting your back. Avoid jerky motions.

Sleeping and posture

Also keep in mind that you can protect your back even when you're not at work. While you sleep, keep your knees bent and place a pillow between them. If you prefer to lie on your back, put a pillow underneath your bent knees, which will relieve strain on your back muscles. Avoid sleeping on your stomach, which can cause a sway back.

Try to keep a good posture both inside and outside work. To do so, ensure your head is aligned so that your ears are located directly above your shoulders when you're sitting down. Also, your feet should rest flat on the floor and your elbows should be close to your body. Keep your forearms and wrists relaxed and extended naturally from the arms. And never slouch.

Thanks for your attention. And remember, let's stay safe out there!

(See next page for Test)

Safety meeting blueprint: Test your knowledge

Meeting Topic: Back safety

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| <p>1. While you lift, you should avoid</p> <p>a. Breathing
b. Jerky motions
c. Keeping your back straight
d. All of the above</p> <p>2. To prevent a back injury, your lifting travel route should be</p> <p>a. Wet
b. Full of debris
c. Clear of pedestrians
d. None of the above</p> <p>3. If you need to safely turn while lifting, you should twist your back. True or False?</p> <p>4. Approximately how many workers experience back pain every year in the U.S.?</p> <p>a. 100</p> | <p>b. 1,000
c. 100,000
d. 1,000,000</p> <p>5. While you're picking up a load, in which direction should you look?</p> <p>a. Forward and upward
b. Forward and downward
c. Backward and upward
d. Sideways and downward</p> <p>6. To prevent a back injury while you sleep, you should avoid lying on your</p> <p>a. Back
b. Side
c. Stomach
d. None of the above</p> <p>7. To achieve a balanced stance while you lift a load, you should position</p> <p>a. One foot in front of the</p> | <p>other
b. One foot next to the other
c. One foot on top of the other
d. None of the above</p> <p>8. Most back injuries result from</p> <p>a. Poor posture
b. Reaching
c. Overexertion
d. All of the above</p> <p>9. To prevent a back injury, it's best to take your time while you're performing physically demanding tasks. True or False?</p> <p>10. One way to avoid a back injury is to wear a pair of shoes that are</p> <p>a. Too big
b. Nonskid</p> | <p>c. High-heeled
d. All of the above</p> <p>11. As you lift a load, you should bend using your back. True or False?</p> <p>12. To maintain a good posture, you should avoid</p> <p>a. Aligning your ears directly above your shoulders
b. Slouching
c. Resting your feet flat on the floor
d. Keeping your elbows close to your body</p> <p>13. In how many lifting activities will back injuries occur?</p> <p>a. One out of four
b. Two out of four
c. Three out of four
d. Four out of four</p> |
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Test your knowledge: The answers

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| <p>9. True. The extra minute you might save by rushing could lead to a strained back. Instead, proceed cautiously while performing physically demanding tasks.</p> <p>10. b</p> <p>11. False. As you lift a load, you should bend using your knees.</p> <p>12. b</p> <p>13. c</p> | <p>1. b</p> <p>2. c</p> <p>3. False. If you need to turn while you lift, use your feet to pivot. Twisting your back is more likely to cause a back injury.</p> <p>4. d</p> <p>5. a</p> <p>6. c</p> <p>7. a</p> <p>8. d</p> |
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