

TOOLBOX TALK

DISCUSS WITH CREWS

mm/dd/yyyy

BACK INJURIES

Topic Overview

Across all trades, many WorkSafeBC claims are related to overexertion. The most common injuries involve the back and shoulder. Construction is physically demanding but we can manage limits of physical exertion through the increased use of mechanical advantage, teamwork, and techniques that minimize strain on the back and shoulder joints.

Hazards to be aware of

- Straining the back or shoulder (large) muscles due to heavy, awkward, or frequent lifting.
- Straining muscles from pushing, pulling, or working with the body asymmetrically.



Safety Tips:

The safest way to handle the situation is by mechanical means, using excavators, loaders, forklifts, dollies, come-alongs, pry bars, etc. This is best achieved with planning on material lay-down and accessible equipment.

Seek assistance in lifting, carrying, or pushing a load. A worker can safely lift 50 lbs., but some loads are large or awkward or weigh more than this. Additional workers should assist, especially when workers are fatigued at the end of the workday or following continuous physical exertion. Plan the path of travel, coordinate the lift and use lots of verbal cues while carrying.

Practice good techniques – just like lifting weights at the gym.

- Lift gradually, slowly, smoothly & without jerking
- Lift with the legs. not the spine, by bending the hips and knees as needed.
- Keep the load close to the body by straddling and “bear-hugging” it.
- Tip the load up before fully lifting it.
- Support some of the weight of the load on your thighs as you lift and carry.
- Keep feet and legs apart when bending down to pick up an object. Keep elbows tucked in.
- Ensure good footing and good grip on the item prior to lifting.



TOOLBOX TALK

LOCATION		DATE	
PRESENTED BY		TIME	

Review previous Workplace Inspections

Review previous Accident/Incident/Near Misses

Other Safety Issues or Suggestions made by Staff

Attendance Record

NAME	SIGNATURE	NAME	SIGNATURE

TOOLBOX MEETING REVIEWED	NAME (PRINT)	SIGNATURE	DATE
MANAGEMENT REP			
WORKER REP			