OHBA Safety Pages: Avoiding Back Injury at Work

The key to avoiding back injury at work is to always plan ahead. Know how to handle a situation before it happens, that way when something does come up you will be able to make the best possible decision based on the new circumstances.

What is the first plan of action that you must use when you see a load that could pose a risk of injury? The safest way to handle the situation is to use whatever form of mechanical means that you have available to you. This means using excavators, loaders, forklifts, dollies, come-alongs, pry-bars, etc. etc. Always use machinery or equipment as your first defense against back injury at work.

What is the second plan of action that you must use when you see a load that could pose a risk of injury?…

Ask a fellow crewmember to help you lift the load. As a rule of thumb, a worker can safely lift 50 lbs. without serious concern of back injury. Therefore, if a piece of equipment weighs 140 lbs., 3 workers should be available to lift the weight. All crewmembers should also be watching out for one another and should offer to help out if they see someone else trying to lift something that is too heavy.

What is the third plan of action that you must use when you see a load that could pose a risk of injury?…

Discuss the situation with your supervisor. Never hesitate to talk to your supervisor if you feel that lifting a load could be dangerous. Any reasonable supervisor will listen to your concerns and find a safer way of handling the situation.

Remember… NO ONE IS GOING TO THANK YOU IF YOU INJURE YOURSELF!

Everyone should go home safely at the end of the day, so always remember to use caution and follow the above three steps before lifting anything that could pose a risk of injury.

OHBA
OREGON HOME BUILDERS ASSOCIATION

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SAFETY PAGE MEETING GUIDE Topic: Avoiding Back Injury at Work

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

_____

_____

_____

_____

Follow up on recommendations from last safety meeting:

_____

_____

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ _____

(Print) (Signature)