



Back Safety

Toolbox Talks are intended to facilitate health and safety discussions. Find more Toolbox Talks on the [Occupational Safety web page](#).

General Information

Back injuries are one of the leading causes of lost-time or restricted duty in the workplace and can lead to years of discomfort and disability.

Back injuries can result from many factors

- Repetitive motion
- Weight of load being lifted
- Duration a load is carried or held
- Your height, weight, strength and gender
- The position of your body when lifting or carrying a load



Before you lift a heavy object, think of the following to help avoid injury

- Do you need to lift the object manually?
- How heavy is the item?
- Where are you moving the object?
- What route do you have to follow?

Tips to Help Avoid Back Injuries

- Stretch and exercise the back before starting each day or before lifting heavy loads.
- Inspect your work area for slip, trip and fall hazards.
- Lift with a partner or find lifting equipment to help move heavy loads.
- Wear back braces if required to lift and carry heavy loads or if your back needs to be supported for long periods.
- Avoid twisting and turning while lifting a load, use your legs to position and move your torso.
- Move your work area closer to you to avoid unnecessary twisting and reaching.
- Avoid sudden jerks or pulls on a load that could cause an injury.

Resources

- <http://www.ehs.iastate.edu/occupational/ergonomics>
- <https://training.ehs.iastate.edu/IowaSU/site/>

Discussion Date:

Supervisor:

Participants:
