

TOOL BOX TALKS

Safe Lifting

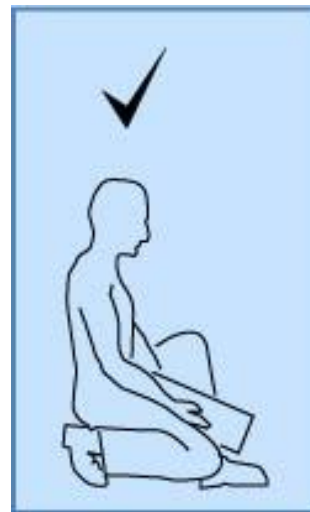
It is said that the spine is the most commonly injured structure in the body. Safe lifting practices are crucial for everyone – no matter what industry you work in. Over time, repeated injury to the spine causes degeneration – which is the painful aging of spinal bones, discs, tendons and cartilage. Do not take your spine health for granted, as aging will prove to be painful. The following safety tips work not only for the construction industry, but for all industries. Take care of your back.

WORKSAFE TIPS

BEFORE THE LIFT

- Do some simple stretches for 5 or 10 minutes before beginning a long day of heavy lifting.
- Drink plenty of water, which keeps muscles hydrated and flexing well.
- Get gloves that help the hands grip the load.
- Re-shape the load to make it easier to grasp.
- Break down the load into two or three trips.
- Plan the route - identify trip hazards, slip hazards, areas that can cause a fall or strain or sprain.
- Get help with heavy loads – ask others for help.
- What tools can help make the lift easier?
- Keep the feet shoulder width apart.

GET CLOSE TO THE LOAD, KEEP SPINE STRAIGHT



DO NOT LIFT WITH THE BACK (SPINE)



DO NOT TWIST WHILE LIFTING – TWISTING PUTS A LATERAL FORCE ON THE SPINE!



Missouri Employers Mutual

Work SAFE



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