

AVOIDING A 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, forklifts, dollies, carts 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 workers 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. Your supervisor will find a safer way of handling the situation.