WORKSAFELY MHCA

SAFETY TALK

Safe lifting and your back

An injury that results in a strain, sprain, torn muscle, tendon, ligament or joint is called an MSI (musculoskeletal injury).

What's the danger?

Work-related lifting injuries are some of the most common injuries in the construction industry.

How to protect yourself

Training your employees on proper lifting techniques can help prevent injury.

- Break down loads
- Use a machine such as a dolly or loader
- Team lift – ask a coworker to help with the load
- When getting supplies delivered, get them unloaded as close as possible to where they are needed
- Pick up trip hazards on stairs and walkways
- Wear the correct footwear for the jobsite

THINK ABOUT THE LIFT!

- Face the object
- Use a well-balanced stance with one foot slightly ahead of the other
- Bend at the knees, not at the back
- Keep your arms straight
- Get a firm grip on the object with your hands and fingers – use handles when present
- Tighten your stomach muscles as you start to lift
- Use your legs to lift
- Pick up your feet and pivot to turn, do not twist your back
- Bend your knees to lower the object

Things to consider

- What processes and tasks on the jobsite most often require lifting?
- What objects are the heaviest for workers to lift?
- What machines on the jobsite can do the lifting for you?

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____ Supervisor: _____

Performed by: _____ Location: _____

Concerns:

_____

_____

_____

Corrective Actions:

_____

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_____

Employee Name:

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_____

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Employee Signature:

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