

SAFETY CLIPS

Back Safety Inspection

Items to inspect: (✓ = okay x = correction needed)

- () Proper foot wear worn by personnel
- () Housekeeping in work area
- () Work gloves being used when appropriate
- () Slip, trip & fall hazards eliminated if possible
- () Barriers warning of fall hazards
- () Personnel walking around material, not over
- () Crew warned to be extra cautious around slip, trip & fall hazards which can't be eliminated
- () Proper bending, lifting and carrying techniques used by personnel
- () Assistance used in awkward or heavy material handling

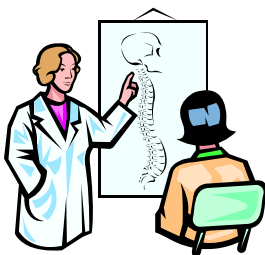
Unsafe activity to watch for:

- () Jumping down from an elevated platform
- () Carrying/lifting difficult or heavy items alone
- () Running on the job site
- () Twisting body while lifting or carrying a load
- () Not using gloves when appropriate
- () Not practicing good housekeeping
- () Bending from waist rather than using squat
- () Working near edge of elevated surface without fall protection
- () Not using forklift/wheel barrow/hand truck to transport heavy items

Other safety issues noted:

Corrective Actions Taken:

Inspector: _____ **Date:** _____



SAFETY CLIPS

Back Safety Training

- Stretch out and loosen up before starting out on cool mornings
- Clear the area of unnecessary trip and slip hazards and be extra cautious around hazards that cannot be eliminated
- Do not twist your body while carrying or lifting material
- Slowly lift items up to carry (do not jerk the lift)
- Test the weight of an item (especially boxed items) before lifting
- Maintain the natural curve in your lower back when lifting or carrying
- Squat down to an item to lift it up, with shoulders, hips, knees square
- Keep the load as close to your body as possible
- Injuries occur from the shock of landing when jumping off an elevated platform
- Balance is critical while lifting or carrying so avoid unstable platform/ground
- Trip hazards are a greater risk when your view is obstructed by the carry
- If it is a tough lift or carry, get help
- Use a hand truck or wheel barrow to transport heavy loads
- Be careful with odd shaped or extra large/bulky items even if they are light in weight....difficult to keep good balance

Post Training Questions:

- Why should you test the weight of an item before lifting?
- When can a light item cause back strain?
- What techniques are used in a proper lift and carry? (have someone demonstrate)
- Why is balance so important in lifting and carrying items?

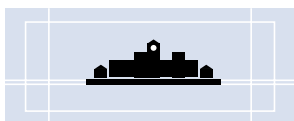
Safety Recommendations by Employees:

Employees in Attendance:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Instructor name: _____ Date: _____

Note: This material represents additional resource information for periodic site inspections and employee safety training. It is not intended to meet all mandated compliance issues.



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