Back Safety Program

Responsibilities

Employees at risk of back injury should adopt safe lifting and material handling techniques.

Department Heads and Supervisors are responsible to provide a safe working environment by:
- reviewing and promoting safe lifting techniques for lifting/material handling tasks
- provide proper material handling equipment for their employees
- periodically reviewing and correcting unsafe lifting/material handling habits

Back Safety Components

- Implement Risk Management Guide for “TOP 10” Lifting / Material Handling Tasks
- Training/Information Program: Back Safety / Material Handling
  - Departments should schedule back safety training for employees who may be at risk of back injury from job related lifting or material handling tasks. Contact Safety Office at 863-1677 to schedule
- Safe Lifting – Material Handling Techniques
  - Maintain good back posture and overall body conditioning
  - Stretch before, during, after lifting tasks
  - Develop a lifting plan, clear your path
  - Use material handling/lifting equipment whenever feasible (especially over 50 lbs)
  - Use a two person team lift for objects over 50 lbs
  - Use your legs, don’t bend at the waist, keep lower back straight, tighten abdomen

Back injuries are disabling, but many can be avoided with making safe lifting a “lifetime habit”.