RISK CONTROL SERVICES FROM CNA

. . . toolbox talks



LIFTING BASICS - CONSTRUCTION

The construction industry has the second highest rate of back injuries. The transportation industry has the highest rate. Twenty-five percent of injuries in construction are back injuries. Overexertion; for example, lifting too much at one time, is the most common cause.

Not only is a back injury painful, but it can be permanent, and it can end your career. Know and use the following guidelines for correct lifting and avoid unnecessary injury.

BEFORE YOU LIFT

Size up the load and ask yourself:

- Is this object too heavy or too awkward for me to lift and carry alone?
- How high do I have to lift it?
- How far do I have to carry it?
- Is this lifting a regular part of my job?
- Am I trying to impress someone by not using a mechanical lifting device?
- Is the path clear?

WHEN LIFTING

- Grip and hug the load using your full palms and keeping your elbows and arms near you.
- Lift straight up, thrusting down with your legs.
- Never twist your body. If you must turn, point your feet in the direction you need to turn.
- Set the load down by slowly bending your knees, letting your legs do most of the work. Don't let go of the load until it's on the ground.

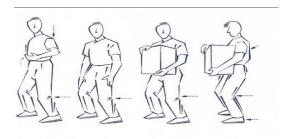
- Position your feet correctly: one foot next to the load and one foot behind it.
- Center yourself over the load, squat at the knees with your back straight and your head forward.

Know Your Own Strength

- Most women should lift no more than 28 pounds. Only 10 percent can lift as much as 47 pounds safely.
- Most men should lift no more than 37 pounds. Only 10 percent can lift 70 pounds safely.

IF YOU GET HURT

- Report your injury to your supervisor immediately so he or she can help you set up a work plan and you can protect your workers' compensation rights.
- Give your injury time to heal.
- If pain persists, see your doctor.
- Get into a physical conditioning program that includes stretching and strength exercise.



Date:	Company Name:		
Project Number/Name:	Meeting Location:	Person Conducting Meeting:	
Items Discussed:			
Problem Areas or Concerns:			
Attendees:			
Comments:			