

USE YOUR MUSCLES



NOT YOUR BACK

S1123



[zoom](#)

Available in: English, Spanish

Use your muscles not your back.

The most common injuries are to the lower back, mainly caused by using wrong lifting skills. Most of these back injuries can be prevented using good lifting techniques, the majority of which are included in this Outline. Also included is the 'Triple A Approach' to back care...Abdominal care, Attitude, and Activities for daily living. Use it wisely!

ALWAYS LIFT SAFELY.



IF IT'S TOO HEAVY, ASK FOR HELP!

S1122



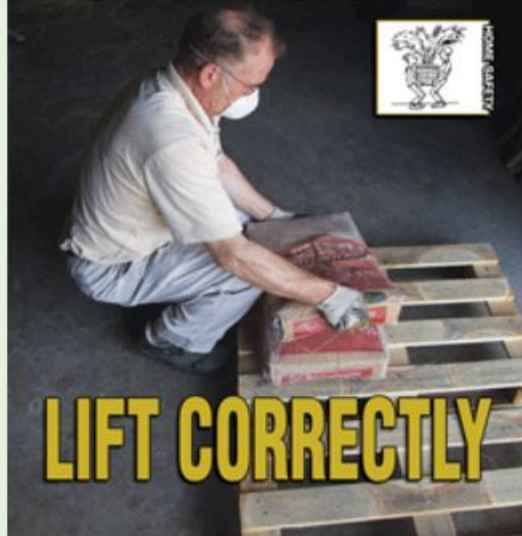
[zoom](#)

Available in: English, French, Spanish

If it's too heavy, ask for help

Warming up for the job includes stretching and flexing your muscles. Wearing non-slip shoes is also a must. Learn the real lifting and carrying rules, itemized here one by one, to ensure workers fully understand and use them effectively. Even so, the number one rule is, never be afraid to ask for help if you can't manage it yourself.

TO LIFT SAFELY



2056

[zoom](#)

Available in: English, French, Spanish

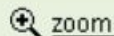
To lift safely, lift properly.

You may twist and turn when you dance, but don't do it when you lift! Twisting is one of the prime hazards connected with 'lifting and carrying'. Many other dangers are involved in manual lifting, including 'weight, reach, height and distance carried'. This topic itemizes them, so employees will... Stop, Think and then Act!



LIFTING & CARRYING

231



Available in: English

Always lift correctly. Safe lifting techniques reduce the chance of injury.

To avoid lifting and carrying injuries this Outline suggests, warm-ups, wearing non-slip shoes, protective clothing and using good lifting techniques. It also offers a nine-point program of lifting skills focusing on body posture, handgrips and what to avoid. Strange as it may seem, the focus is not solely on acquiring lifting skills but on eliminating poor lifting techniques and their consequences.



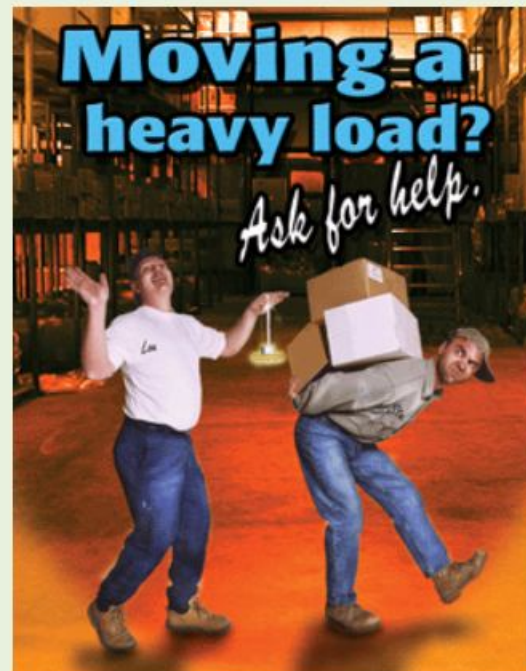
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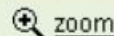
Available in: English

'I did it My Way!'

'My way' is a good title for a song lyric but not for a 'Safe Lifting and Carrying Guide'. There is a right way and a wrong way, so start the right way by using time proven techniques and have no regrets. This short dialogue is one of the best Outlines available. Use it with confidence to avoid lifting hazards.



147



Available in: English, French

Moving a heavy load? Ask for help.

Included in this Outline are the seven great rules for lifting and carrying. Have your employees read and learn them. Then have them tell you ...what's wrong with the poster picture? Employees may be able to point out the incorrect practices shown, but do they know all the rules? Find out. Don't have them learn safety by accident!

Do you always lift correctly?

* Look first—
Size up the load, plan the route. Feet apart—about shoulder width

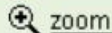
* Lift with leg and arm muscles, not your back

* Grip firmly, hold load close to body

* Bend your knees, back arched inward



126

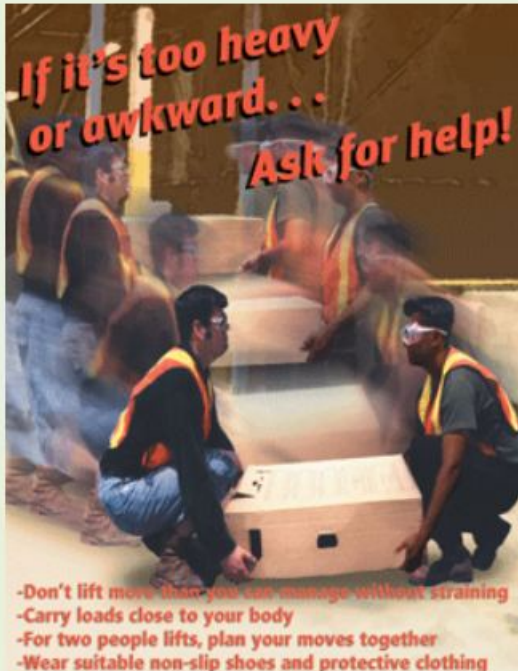


[zoom](#)

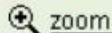
Available in: English

Do you always lift correctly?

Muscles are meant to work; but don't overload them! Athletes warm up before a game. You too must warm up before you begin lifting and carrying. There are ways to do this and many are included in this Outline. Have workers 'think safety' by making safe lifting and carrying a priority.



86



[zoom](#)

Available in: English

If it's too heavy or awkward, ask for help.

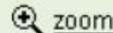
Many ideas are included here to help evaluate problems workers face when lifting and carrying. Employees, working as a team, should appraise these risks to decide if appropriate precautions, in their workplace, are adequate. Using this method, they will realize when there are risks then develop the steps needed to remove them.

Lifting & Carrying There's a Wrong Way ...



and
a Right Way!

16



[zoom](#)

Available in: English, French, Spanish

Lifting & carrying: there's a right way and a wrong way.

You need to "think" about what you are going to do before bending to pick up and carry an object. Safe lifting techniques MUST become a habit. There are lifting and carrying rules...some say, i%4"doni%4't and some say do'i%4". They are all included here. Have workers learn them, THEN USE THEM.

#S1122

If it's too heavy, ask for help

CLICK TO REQUEST
FREE SAMPLE

Available in: English, French, Spanish



Employee Safety Cards and Quizzes

Back Protection Employee Safety Cards match the poster theme of the month, and contain summary information to match your Safety Meeting Outline. The Back Protection Scratch Off Quizzes ensure everyone was paying attention. Like a lottery ticket, they create excitement in the safety meeting. When handed back in, they provide a record of who attended the session.



Employee Safety Card Size: 4 Pages Folded to 3.5'x5'
Scratch off Quiz Card Size: 3.5'x5'

Wall Posters

Place Back Protection Wall Posters at strategic points in your facility to publicize the theme of the month in a short visual message. 11' x 17' Safety Bulletin Posters go into more detail, offering valuable safety tips. We also have Frames available for all sizes.

Traditional Graphic Poster Sizes: 15'x20' and 11'x17'
Simpson Poster Sizes: 17'x22' and 11'x17'

Table Tents

Place Back Protection table tents in your lunch room and break rooms so your employees can read the safety message on their own time. One of the panels has the repeated topic graphic, and the other 2 sides have supporting text and images.



Size: 8' in height

Safety Meeting Outlines

Safety Back Protection Meeting Outlines contain a complete guideline for your supervisors to run a productive and motivating meeting-step by step. There is space provided for you to customize and add your own notes. It will help you keep your meeting on schedule and on topic.



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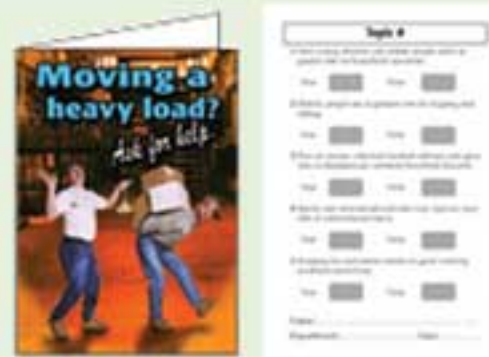
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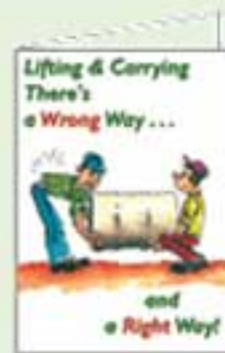
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Available in: English

Do you always lift correctly?

• Look first—
Size up the
load, plan the
route. Feet
apart—about
shoulder width

• Lift with
leg and arm
muscles,
not your
back

• Grip firmly,
hold load
close to body

• Bend your
knees, back
arched inward



Do you always lift correctly?

Lifting and Carrying is hazardous unless you use the right muscles



Use your leg muscles for lifting
Warm up before lifting, and avoid overexerting
Do not attempt to lift more than
you can carry safely and without undue strain.
Call for help with heavy loads.



To reduce the risk of injury when lifting



1. Stand close to the load, with feet comfortably apart—about shoulder width.
2. For a load that is at floor level, squat down, bending at the hips and knees.
3. Grip the load securely.
4. Arch your lower back inward, shoulders back and chest out.
5. Lift with your legs—not your back.
6. To reduce strain on your back, carry the load close to your body as on your shoulder.
7. Avoid sudden jerky movements; move smoothly.
8. In placing the load down, arch your back inward again as in step 4. See that your legs—not your back—take the weight.

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LIFTING & CARRYING



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#2056

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TO LIFT SAFELY

LIFTING AND CARRYING



LIFT CORRECTLY

TO LIFT SAFELY

Call for help with a heavy load. Many back injuries occur through improper lifting or carrying techniques. So it is important to know how to lift and carry safely.

Avoid injury or strain by lifting what you can move comfortably, and use your muscles, not your back. Take regularly scheduled breaks.

Reduce the weight of the load to outward to grip or unstable, or if you have to:

- bend before knee level to lift.
- reach up above shoulder height.
- place the load down precisely at the set-down place.



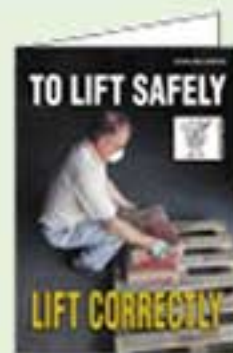
LIFT CORRECTLY

FOLLOW THESE BASIC RULES FOR LIFTING

- 1) Stand close to the load, with feet comfortably apart—about shoulder width.
- 2) For a load at floor level, squat down, bending at the hips and knees.
- 3) Grip the load securely.
- 4) In lifting, arch your lower back inward, shoulders back and chest out.
- 5) Lift with your legs.
- 6) Carry the load close to your body.
- 7) In placing the load down, arch your back again as in step 4. See that your legs take the weight—not your back.

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The Message Is Inescapable



www.worksafetyolutions.com.au

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