



## Back Safety & Material Handling Safety Talk

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### 1. Introduction (1-2 minutes)

#### Why It Matters:

Welcome everyone! Today's safety talk focuses on **Back Safety & Materials Handling**. Back injuries are one of the most common workplace injuries. They can lead to long-term pain, missed workdays, and even permanent disability. Most of these injuries are preventable with proper lifting techniques and safe materials handling.

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### 2. Key Safety Points (3-5 minutes)

**It's not about how strong you are - it's about how smart you lift.** One bad lift can cost you months of recovery or worse. Taking a few extra seconds to do it the right way could prevent accidents, injuries, or harm.

#### *Common Causes of Back Injuries*

- Improper lifting techniques
- Lifting heavy or awkward loads alone
- Twisting while lifting
- Poor posture during manual tasks
- Repetitive lifting over time

#### *Safe Materials Handling Practices*

- **Plan the lift** - know the route and remove obstacles.
- **Test the load** - If it's too heavy, don't lift it alone.
- **Use mechanical aids** - dollies, hand trucks, hoists.
- **Stack smart** - keep heavy items on lower shelves.
- **Wear proper PPE** - gloves, etc.

#### **Back Safety Tips**

- Warm up before work.
- Stretch your back, shoulders, and legs.

- Maintain good posture.
- Stand straight with shoulders back.
- Use your legs, not your back.
- Bend at the knees and keep your back straight when lifting.
- Avoid twisting.
- Turn your whole body with your feet, not your spine.
- Keep the load close
- Hold the object near your waist and center of gravity.
- Get help when needed.
- Use team lifting or mechanical aids (dollies, carts, etc.).

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### 3. Demonstration & Checklist (3-5 minutes)

- **Interactive Segment:** Demonstrate and practice proper lifting techniques to prevent back injuries. Demonstrate the use of carts and hand trucks.

Use the box to walk through these steps while explaining:

1. **Plan Your Lift**
  - Clear path of tripping hazards.
  - Test the weight of the object.
2. **Stand Close**
  - Feet shoulder-width apart, one foot slightly ahead.
3. **Squat Down**
  - Bend your **knees**, not your back.
  - Keep your back straight and head up.
4. **Grip Firmly & Lift Slowly**
  - Use your legs to stand up.
  - Keep the load **close to your body**.
5. **Turn With Feet, Not Your Back**

Avoid twisting your spine.





#### 6. **Set Down Safely**

- Bend your knees to lower the load, keeping your back straight.

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#### 4. **Conclusion (2 minute)**

- **Summary:** Don't rush, ask for help and think before you lift can prevent injuries.
  - **Call to Action:** "Let's all ensure we know how to lift safely."
  - **Report Accidents:**
    - Always report any workplace hazards, no matter how minor it seems, to your supervisor or EHS office for documentation and follow-up.
  - **Thank you:** "Thank you for your time and attention today. Safety is everyone's responsibility. Stay alert, stay safe!"
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