SAFE LIFTING & BACK INJURY PREVENTION SAFETY BRIEFING

Company Name: _____

Back injuries are one of the most common workplace strains. Many happen during routine lifting, reaching, bending, or twisting, especially when the load is awkward or the body is out of position. Even a lighter object can place major stress on the back when it is lifted the wrong way.

Your back is designed to support movement, but it can only handle so much strain. Repeated bending, twisting, overreaching, and lifting with poor posture can put pressure on the spine, muscles, and ligaments. Over time, that stress can lead to pain, strains, and more serious injury. That is why safe lifting is not just about heavy objects. It is about body position, control, and good judgment every time you lift.

The goal is to keep the load close to your body, keep your back in a normal position, and avoid sudden or awkward movement. Before lifting, look at the object and think about where it is going, how heavy it is, and whether you can handle it safely alone. Get a solid grip with your hands, not just your fingertips. Lift slowly and smoothly. Do not jerk the load. Keep it close to your body as you rise, and use your legs to do the work whenever possible.

Awkward lifting situations create extra risk. Objects may be under shelves, above shoulder height, or in a tight space that does not allow a perfect lift. In those cases, stop and think before you move. Reposition the object if possible. Use a table, a cart, or another support to reduce strain. Use your free hand for support when it helps. If the lift is too heavy, too awkward, or puts you in a bad position, get help.

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One of the worst things you can do is twist while lifting. Twisting places extra stress on the back and can quickly lead to injury. If you need to change direction, move your feet instead of twisting your upper body. The same rule applies when reaching overhead or stretching to grab something. Avoid putting your back in a weak position just to save a few seconds.

Safe lifting does not mean every lift will be perfect. It means taking a moment to think, using the best body position possible, and making smart decisions. When needed, ask for help or use equipment to reduce the strain. A few seconds of planning can prevent weeks of pain and lost time.

The most important part of injury prevention is attitude. Take lifting seriously, whether you are at work, at home, or somewhere in between. Think before you lift, use proper body mechanics, and do not take shortcuts. Back injuries can often be prevented, but only if you make safety part of every lift.

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