

GRISWOLD PUBLIC SCHOOLS

MONTHLY SAFETY INSERVICE

MONTH _____ DATE _____

BACK SAFETY

PLEASE REVIEW THE FOLLOWING POLICIES AND PROCEDURES FOR BACK SAFETY. THE FOOD SERVICE DIRECTOR WILL DEMONSTRATE PROPER LIFTING TECHNIQUES. COMPLETE THE QUIZ FOR EMPLOYEE FILE.

**BACK SAFETY
PROGRAM****COMMON INJURIES**

The most common and costly ailment associated with improper handling of materials is low back injury. Because of the escalating costs of medical treatment, fear of malpractice on the part of some doctors, increased Workers' Compensation benefits, attorney representations, and the difficulties associated with determining the extent of injury in low back injury cases, the best preventive measure is avoidance of circumstances leading to improper handling of materials.

Managers often don't realize the extent of the bad back problem. Back aches are second only to colds and flu as a source of lost time. About two-thirds of the population will suffer sore backs at one time or another.

COMMON CAUSES

Listed below are eight common factors involved in improper materials handling accidents:

- Incorrect manual handling techniques.
- Improper personal protective clothing or equipment.
- Equipment in poor condition.
- Unsafe operating procedures.
- Poor housekeeping.
- Handling too much weight.
- Horseplay, recklessness, or showing off.
- Pre-existing physical condition.

Supervision is the key element in controlling most of these factors, but a well thought-out and vigorously applied preventive program can further reduce the incidence of low back injuries and help identify persons with pre-existing physical problems.

BACK SAFETY PROGRAM

For detailed information on safe lifting and moving techniques, refer to the BACK SAFETY TRAINING PROGRAMS contained in the Manager's Training Tool Kit.

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TRAINING

The most common cause of lifting/handling related injuries is either ignorance or disregard of proper lifting/handling techniques. Therefore, training in the proper procedures, as well as follow-up training, are essential. Refresher training must be frequent (at least annually) and on-the-spot corrections must be made in all instances. The BACK SAFETY program is an essential part of all lifting/handling training. See the Manager's Training Tool Kit for more information on the Back Safety program.

PREVENTION PROGRAM

The following actions will aid in preventing back injuries/strain:

1. Reducing the size and weight of packages or goods ordered from the distributor.
2. Reducing the size of the containers (tote pans, garbage pails, etc.) so that when full, they will not be too heavy.
3. Using wheel carts instead of carrying containers, and use of roller conveyers instead of carrying items.
4. Redesigning storage areas to keep heavy items on middle shelves between 29" and 57" off the floor.
5. Reducing the distance that the object has to be moved by relocating/redesigning storage facilities.
6. Assigning two or more people to move heavy objects if no other solution exists.
7. Absolute avoidance of twisting or turning the body while lifting or carrying heavy objects.
8. Using back support belts on jobs requiring repetitive movement.

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Back Safety

Back Safety Program

For detailed information on safe lifting and moving techniques, refer to "The Learning Box"

Common injuries

The most common result associated with improper handling of materials is a low back injury. Back injuries are costly to employees because they result in pain and potential permanent injury. The resulting injuries may cause lost wages and the inability to perform duties which may then limit the future potential for that employee. Back injuries represent some of the greatest financial costs to both employees and to a company through escalating costs of medical treatment, fear of malpractice on the part of some doctors, increased Workers' Compensation benefits, attorney representation, and the difficulties associated with determining the extent of the injury, especially in lower back injury cases. It is therefore to the benefit of everyone to limit and eliminate back injuries, thereby increasing the ability of the company to provide for the financial needs and benefits of the employees.

Lower back injuries are second only to colds and flu as a source of lost time. About two-thirds of the population will suffer sore backs at one time or another.

Common Causes

Listed below are eight common factors involved in improper materials handling accidents:

BACK SAFETY TRAINING

Employees must be aware of all hazards involved in lifting heavy objects. Employees must know their own strength. The employee must be trained in the proper techniques for lifting weight that is not beyond his/her limitations

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TRAINING

The most common cause of lifting/handling related injuries are either ignorance or disregard of proper lifting/handling techniques. Therefore, **training in the proper procedures, as well as follow-up training, is essential.** Refresher training must be frequent (at least annually) and on-the-spot corrections must be made in all instances. The *BACK SAFETY* program is an essential part of all lifting/handling training.

The following actions will aid in preventing back injuries/strain:

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2. Reducing the size of the containers (tote pans, garbage pails, etc.) so that when full, they will not be too heavy.
3. Using wheel carts instead of carrying containers, and use of roller conveyers instead of carrying items.
4. Redesigning storage areas to keep heavy items on middle shelves between 29" and 57" off the floor.

Back Safety

2. Reducing the size of the containers (tote pans, garbage pails, etc.) so that when full, they will not be too heavy.
3. Using wheeled carts or roller conveyers instead of carrying items.
4. Redesigning storage areas to keep heavy items on middle shelves between 29" and 57" off the floor.
5. Reducing the distance that the object has to be moved by relocating/redesigning storage facilities.
6. Assigning two or more people to move heavy objects if no other solution exists. **A "Lift Team" must be use if lifting objects over 40 lbs.**
7. Absolute avoidance of twisting or turning the body while lifting or carrying heavy objects.
8. Using back support belts in conjunction with proper lifting techniques on jobs requiring repetitive lifting.