

The key to avoiding back injury at work is to always plan ahead. Know how to handle a situation before it happens, that way when something does come up you will be able to make the best possible decision based on the new circumstances.

**What is the first plan of action that you must use when you see a load that could pose a risk of injury?**

- The safest way to handle the situation is to **use whatever form of mechanical means that you have available to you**. This means using excavators, loaders, forklifts, dollies, come-along, pry-bars, etc. etc. Always use machinery or equipment as your first defense against back injury at work.

**What is the second plan of action that you must use when you see a load that could pose a risk of injury?**

- **Ask a fellow crew member to help you lift the load.** As a rule of thumb, a worker can safely lift 50 lbs. without serious concern of back injury. Therefore, if a piece of equipment weighs 140 lbs., 3 workers should be available to lift the weight. All crew members should also be watching out for one another and should offer to help if they see someone else trying to lift something that is too heavy.



**What is the third plan of action that you must use when you see a load that could pose a risk of injury?**

- **Discuss the situation with your supervisor.** Never hesitate to talk to your supervisor if you feel that lifting a load could be dangerous. Any reasonable supervisor will listen to your concerns and find a safer way of handling the situation.
- Remember... **NO ONE IS GOING TO THANK YOU IF YOU INJURE YOURSELF!**

Everyone should go home safely at the end of the day, so always remember to use caution, and follow the three steps above before lifting anything that could pose a risk of injury.

**What to do if you injure yourself:**

- Contact your supervisor (Supervisor – contact Dispatch)
- Do not make the injury worse.
- Seek medical attention if needed.

PROPER  
LIFTING TECHNIQUE



IMPROPER  
LIFTING TECHNIQUE



