Back Safety Checklist



Preventing Back Injuries

- Are hand trucks available for moving heavy loads?
- Are employee instructed to ask for help when lifting heavy loads?Have you asked distributors to deliver goods in smaller portions, to reduce the weight of supplies?
- Are you storing heavy items off the floor, so that an employee does not need to lift below knee level or above shoulder height?
- Are carts available for moving goods? Store goods at cart level for easy transferof heavy items from the shelf to the cart.
- Are abdominal (back) belts being used? If so, have the employees received training on how to use the back belt and its limitations?
- Are all new employees being trained in proper lifting techniques during theirinitial training period?
- Are employees that must stand in one area provided with floor mats to help reduce back and spine stress?