

Preparation Tips

1. Plan to take a walk around your workplace with your workers and have them identify loads that they do not feel can be safely moved without lifting or handling aids. Discuss what the proper equipment is for moving these loads.
2. After the talk, ask your workers if they have ever experienced an injury due to lifting too heavy a load or prevented a possible injury by using lifting or handling aids. Ask them to share stories.
3. Let your workers know who they should contact if they encounter a load that they are uncomfortable lifting or moving.
4. Review the different types of lifting and handling aids at your workplace with your workers, and the intended uses of each.
5. Share this statistic with your workers: According to US Bureau of Labor Statistics, more than one million workers suffer back injuries in the US each year. Back injuries account for one of every five reported workplace injuries or illnesses.

Answers: 1 False, 2 True, 3 D, 4 True, 5 False