

TOOL BOX TALKS

Spine and Shoulder Safety Rules

The company expects workers to follow its safety rules. By signing, you will be held responsible following these safety rules. Disciplinary action could result when these safety rules are not followed. These safety rules are for your safety only. Please use these safety rules on the jobsite to keep yourself and others safe.

WORKSAFE RULES

1. Workers on all jobsites or in all work areas are exposed to shoulder and back injury.
2. Heavy loads put stress on shoulders, and the spine – specifically the discs, resulting in herniation or bulging.
3. Even light loads, lifted in awkward body positions, can cause shoulder or spine injury.
4. Remember that the further away a load is from the body, the heavier the load that is placed on the spine.
5. Employees must report hazards, accidents or maintenance needs by the end of the work shift.
6. Workers must size up the load before lifting: how heavy? Where is it going? How can it be lifted safely?
7. Workers must break down loads, such as cases of supplies, into lighter loads before lifting.
- 8.
9. It is a violation to lift heavy cases of supplies without first breaking the load weight down.
10. Verify the walking area is clear of slip and trip hazards before lifting heavy or bulky objects.
11. Workers are required to use supplemental lifting aids when moving heavy objects – carts, tools, dollies.
12. It is a violation to make heavy lifts when these carts are available, and in the work area.
13. When help is available, ask a coworker for assistance in lifting a heavy or bulky object.
14. It is a violation to lift heavy objects without the help of a nearby coworker.
15. Place your feet shoulder-width apart to maintain good balance during the lift.
16. When lifting from the floor, bend at the knees and get close to the load – keeping the spine straight.
17. To prevent shoulder injury, workers must push – not pull - carts and pallet jacks.
18. When performing a job task that requires repetitive lifting through the day, take short, frequent breaks often.
19. Hydration is important for body health – drink water often to keep muscles hydrated and healthy.

Employee Name	Date of Training
Supervisor Name	Date of Training



Smart, Accident-Free Environments

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

888.499.SAFE (7233)