



# SAFETY CLIPS

SC-10

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## Back Safety Inspection

**Items to inspect:** (✓ = okay x = correction needed)

- ( ) Proper foot wear worn by personnel
- ( ) Housekeeping in work area
- ( ) Work gloves being used when appropriate
- ( ) Slip, trip & fall hazards eliminated if possible
- ( ) Barriers warning of fall hazards
- ( ) Personnel walking around material, not over
- ( ) Crew warned to be extra cautious around slip, trip & fall hazards which can't be eliminated
- ( ) Proper bending, lifting and carrying techniques used by personnel
- ( ) Assistance used in awkward or heavy material handling

### Unsafe activity to watch for:

- ( ) Jumping down from an elevated platform
- ( ) Carrying/lifting difficult or heavy items alone
- ( ) Running on the job site
- ( ) Twisting body while lifting or carrying a load
- ( ) Not using gloves when appropriate
- ( ) Not practicing good housekeeping
- ( ) Bending from waist rather than using squat
- ( ) Working near edge of elevated surface without fall protection
- ( ) Not using forklift/wheel barrow/hand truck to transport heavy items

### Other safety issues noted:

### Corrective Actions Taken:

Inspector: \_\_\_\_\_ Date: \_\_\_\_\_

*The information contained herein is not intended to supersede any information provided by your insurance carrier nor is it intended to be legal advice.*



A CONSTRUCTION ASSOCIATION SERVING  
SONOMA, LAKE & MENDOCINO COUNTIES



## Back Safety Training

- Stretch out and loosen up before starting out on cool mornings
- Clear the area of unnecessary trip and slip hazards and be extra cautious around hazards that cannot be eliminated
- Do not twist your body while carrying or lifting material
- Slowly lift items up to carry (do not jerk the lift)
- Test the weight of an item (especially boxed items) before lifting
- Maintain the natural curve in your lower back when lifting or carrying
- Squat down to an item to lift it up, with shoulders, hips, knees square
- Keep the load as close to your body as possible
- Injuries occur from the shock of landing when jumping off an elevated platform
- Balance is critical while lifting or carrying so avoid unstable platform/ground
- Trip hazards are a greater risk when your view is obstructed by the carry
- If it is a tough lift or carry, get help
- Use a hand truck or wheel barrow to transport heavy loads
- Be careful with odd shaped or extra large/bulky items even if they are light in weight....difficult to keep good balance

### Post Training Questions:

- Why should you test the weight of an item before lifting?
- When can a light item cause back strain?
- What techniques are used in a proper lift and carry? (have someone demonstrate)
- Why is balance so important in lifting and carrying items?

### Safety Recommendations by Employees:

### Employees in Attendance:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Instructor name: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: This material represents additional resource information for periodic site inspections and employee safety training. It is not intended to meet all mandated compliance issues.**

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