TOOLBOX TALKS

BACK PROTECTION

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit cat.com/toolboxtalks.

When lifting heavy objects, follow these steps to help prevent injury:

TAKE PROPER PRECAUTIONS

- Before lifting an object, check whether its weight is marked anywhere, test the weight of the load to get an idea of how heavy it is by lightly lifting or pushing the object with your hands or feet
- Check whether handles are available and use them if provided
- Ensure the load is not to bulky
- Ensure you can handle the object close to your body
- If your estimate of the weight exceeds 44 lb (20 kg) or it is too bulky (wide, long, tall), ask for help. Do not try to lift it alone
- Try to ensure the object is balanced evenly and packed correctly
- Make sure the load is easy to reach and not too far
- Ensure a tight grip on the object before lifting
- Check the path you need to carry the good on and ensure the location you wish to drop it is clear from obstacles

PRACTICE GOOD FORM

- Lift the load with the muscles in your legs while bending your knees
- Avoid using your back muscles
- Keep your back straight during the lift
- Any movement should be slow and smooth
- Face the object and keep the load close to your body when lifting
- Carry the load at your mid-section—between your shoulders and waist
- Wear gloves and any other needed Personal Protection Equipment (PPE)
- Ensure you can see the path you plan to walk through

BE SMART WHILE LIFTING

- Take small breaks between lifting, if needed
- Do not try to lift something that is too heavy—if you are even slightly strained when trying to carry the load, it is too heavy
- Do not hesitate to ask for help
- Use a dolly or forklift when necessary
- Make sure there is enough room around you to lift the load
- Always have a line of sight when walking with the object
- Avoid walking on unstable surfaces or around trip hazards while carrying a load

Discussion Date: _____

Employee Participants:

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There are a lot of moving parts on the jobsite. To find a safety topic relevant to your operation, please visit cat.com/toolboxtalks.

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