



# ToolBox Talk Meeting Report

Date:		Site/Project:	
Division:		Supervisor:	

## Topic for Review: Back Injury Prevention

Frequent Hazards Experienced: (Check off items that are applicable to this talk)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Housekeeping      | <input type="checkbox"/> Safety Glasses          | <input type="checkbox"/> Confined Spaces           |
| <input type="checkbox"/> Hazard Awareness  | <input type="checkbox"/> Safety Procedures       | <input type="checkbox"/> First Aid                 |
| <input type="checkbox"/> WHMIS             | <input type="checkbox"/> Actuated Tools          | <input type="checkbox"/> Temporary Power           |
| <input type="checkbox"/> OHS               | <input type="checkbox"/> Hygiene                 | <input type="checkbox"/> Access / Egress           |
| <input type="checkbox"/> Lock Out /Tag Out | <input type="checkbox"/> Scaffolds               | <input type="checkbox"/> Temporary Lighting        |
| <input type="checkbox"/> Fire Protection   | <input type="checkbox"/> Elevated Work Platforms | <input type="checkbox"/> Ramps / Stairs            |
| <input type="checkbox"/> Ladders           | <input type="checkbox"/> PPE                     | <input type="checkbox"/> Material Storage          |
| <input type="checkbox"/> Guardrails        | <input type="checkbox"/> Welding/Cutting         | <input type="checkbox"/> Regulations / Legislation |
| <input type="checkbox"/> Arc Flash         | <input type="checkbox"/> Other:                  |  |

### Discussion Notes/Job Site Hazards to be Addressed/ Followed Up:


*Please Retain Original on Site for your Records and contact HSE for any inquiries.*



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## Attendees:

Print Name	Initials	Print Name	Initials
1.		2.	
3.		4.	
5.		6.	
7.		8.	
9.		10.	
11.		12.	
13.		14.	
15.		16.	
17.		18.	
19.		20.	
21.		22.	
23.		24.	
25.		26.	
27.		28.	

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## Back Injury Prevention

Back injuries are one of the leading causes of lost-time and restricted duty in the workplace and can lead to years of pain, discomfort, and even disability. A back injury can be cumulative as well as sudden; repeatedly lifting incorrectly and pushing your limits, even when you appear to get away with it at the time, increases your chances of a serious injury later on.



### Types of Back Injuries

- Strain or sprain
- Slipped or damaged discs
- Muscle spasms
- Broken back

### Factors that Can Contribute to Back Injuries

- Poor physical condition, especially muscle tone in the back and abdomen
- Excessive weight, repetitive motion, or duration of lifting task
- Poor posture or body position relative to the load
- Unrelated medical conditions or excessive stress
- Inattention, overexertion, or rushing to get it done

### How to Protect Your Back

- Avoid lifting if possible; use mechanical aids when possible
- Gently stretch back muscles before strenuous activity
- When you must lift, keep your back straight and lift with your legs
- Avoid twisting and turning with your torso; use your legs to turn
- Slow down; avoid jerky movements
- Sit and stand up with your back as straight as possible
- Avoid bending at the waist--bend your knees.
- Maintain good posture when driving, shoveling or performing other tasks
- Don't work too long without a break
- Don't jump from heights
- If you feel any pain at all, stop what you're doing, report it and get treatment as appropriate