**Tool Box Talk - Safe Lifting**



Most of us are aware that there is a right and a wrong way to lift something.

Each year training is provided to make you aware of safe lifting techniques, however, did you know that an average of 30 people injure their backs on the job each day in one state alone.

There are various types of injuries that can occur from lifting incorrectly. Back strain is a more common type of lifting injury. It results from the over stretching of certain muscles and can be avoided by employing correct lifting techniques and asking for help when having to move something heavy and/or awkward.

This toolbox topic was reviewed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the following employees: