

Sample Toolbox Talk

Agency Name _____ Location _____ Date _____

Often, on-the-job back injuries can be avoided by maintaining a strong and healthy back at all times.

Here are some tips for maintaining your back on the job with an active lifestyle off the job!

- ☒ When getting out of bed...Roll over and face the side of the bed. Pull your legs toward your chest, pushing your upper body off the bed with your hands and arms, letting your legs fall off the edge. Most of your weight will be on your hips, buttocks, and thighs!
- ☒ How about putting on socks? While sitting on the bed, bring your feet up toward your back and place your heels on the edge of the bed. According to some back experts, "Bending down is one of the worst activities for your back!"
- ☒ Exercising...For strengthening the stomach, do bent-leg abdominal crunches. **Avoid** straight-leg sit-ups; leg lifts (lifting both legs while on your back); lifting heavy weights above the waist while standing; any stretching while sitting with legs in a "V"; and toe touches while standing.
- ☒ When lifting a heavy object...Bend your knees, squat down to its level, and bring the object close to your body; then stand up slowly, letting your legs do the work.
- ☒ If you have to pick up something small or lightweight from the ground try using the "Golfer's Lift." ...Face the item (do not twist). Tighten your stomach muscles and bend at the hip, not the waist, lifting one leg out and behind you. Next, pick up the object. Pull your leg down and tighten your stomach muscles to "power" yourself back up.
- ☒ While on a long car trip...Get out and stretch. Don't try lifting a case from the backseat or trunk without stretching. Twisting to yank something before stretching can injure your back!

Safety Recommendations: _____

Location Specific Topics: _____

Attended By:
