Sample pages from the ToolboxKits training kit · Muestra del kit · toolboxkits.com/topics/back-injury-prevention/

Toolbox KITS

BACK INJURY PREVENTION TRAINING

Back injury prevention training

Safe lifting, carrying and storage

Based on the general training duty in 29 CFR 1926.21(b)(2) and storage rules in 29 CFR 1910.176 and 29 CFR 1926.250

About 35 minutes, with a 10-question quiz

30 slides | About 35 minutes | 10-question quiz

English + Spanish

SAMPLE



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MODULE 1

The hazard: small strains add up

How back injuries happen	→	Why they are easy to miss
Lifting a heavy or awkward load	→	A single lift may feel fine
Twisting while holding a load	→	Pain can show up hours later
Reaching or bending for long periods	→	Fatigue makes poor posture worse
Pushing or pulling too much weight	→	Slippery floors and clutter make you stumble
Repeating the same motion all day	→	Pride keeps people from asking for help

SAMPLE

Toolbox KITS

Crew handout

Back injury prevention: plan, test, lift smart

29 CFR 1926.21, 1910.176, 1926.250

Do

- Plan the lift: load, path and drop spot
- Test the weight before you lift
- Use a cart, hand truck, dolly or hoist
- Ask for help with long, wide or heavy loads
- Keep your feet apart, knees bent and load close
- Turn by moving your feet
- Store heavy items between knees and shoulders
- Report aches early

Don't

- Do not twist at the waist while holding a load
- Do not jerk or rush a lift
- Do not reach over a tailgate for a heavy item
- Do not leave aisles blocked
- Do not ignore pain that does not go away

SAMPLE

Remember **Plan it, test it, lift with your legs, and ask for help.**

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