

Safety Critical Standards

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Back Injury Prevention



7 KEYS

Absolutes

- Risk factors which could affect your back health such as working at heights, lifting heavy objects, or walking/working surfaces must be considered and addressed at the STARRT meeting.

Safety Critical Requirements

1. Plan work to minimize the need for manual lifting and/or over-reaching
2. Design storage areas to reduce risk from moving heavy loads or over-reaching
3. Use proper lifting techniques
4. Ask for help when needed—it's not a sign of weakness, it's an indication of good risk evaluation
5. Participate in stretching and conditioning each morning prior to working.
6. When manual lifts must be made, ensure the area is free of obstructions and conditions which may cause or contribute to a slip, trip, or fall
7. Report back injuries immediately to your supervisor and proceed to the CEP clinic regardless of whether you think the injury is serious

Positive Consequences

- Get to go home the way you came
- Productive work
- Individual and crew will receive positive recognition

Negative Consequences

- Disciplinary action
- Stop work

Crew Actions - If a non-compliance of any of the above standards occurs, your crew must:

- Stop work
- Discuss the non-compliance
- Correct the non-compliance
- Document on an SOAR card

Personal Actions - Actions you can take to maintain safe work areas on the project are:

- Actively observe employees in your area to ensure they are complying with these standards.
- Discuss lifting tasks.
- Protect yourself and others by assuring your work activity is assessed for back injury risks.
- Warn others around you when they are working in a manner that may place their back health at risk.
- Help maintain housekeeping to reduce slips, trips, and falls.
- Intervene if you see others placing themselves at risk.

