**Back Safety & Lifting Checklist**

Preventing back injuries is a major workplace safety challenge. More than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. Use this OSHA inspection to ensure your workforce is using the correct lifting and moving techniques to protect their back. This should be used regularly by team leaders, floor supervisors, and safety managers.

By:

Date:

Time:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. Are workers observed moving materials manually (i.e. lifting, pushing or pulling)?
 | Yes | No | N/A | Comments |
| 1. Have employees been trained in safe lifting principles?
 | Yes | No | N/A | Comments |
| 1. Are workers observed lifting improperly (i.e. bending the back not at the knees, lifting awkward shaped objects, etc.)?
 | Yes | No | N/A | Comments |
| 1. Are workers trained to report symptoms of ergonomic stress like back pain, strains, and sprains to management?
 | Yes | No | N/A | Comments |
| 1. Are Supervisors and Lead workers aware of ergonomic risk factors such as awkward postures or repetitive tasks?
 | Yes | No | N/A | Comments |
| 1. Are work surfaces, conveyors and packing equipment adjustable to allow different sized workers to work comfortable whether sitting or standing?
 | Yes | No | N/A | Comments |
| 1. Does the company have a written Ergonomic Safety Program?
 | Yes | No | N/A | Comments |
| 1. Are workers required to manually lift greater than 50 Lbs on a regular basis during a shift?
 | Yes | No | N/A | Comments |
| 1. Are workers required to manually lift objects from the floor or from above shoulder height?
 | Yes | No | N/A | Comments |
| 1. Are workers required to operate tools or equipment with a "trigger" or that are activated by squeezing during an entire shift?
 | Yes | No | N/A | Comments |
| 1. Does the company provide back braces, wrist supports or other ergonomic equipment to workers?
 | Yes | No | N/A | Comments |
| 1. Are workers allowed to work overtime and is fatigue management employed by Supervisors to avoid ergonomic injuries?
 | Yes | No | N/A | Comments |
| 1. Write Comments or Remarks here:
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