



SAFETY TAILGATE MEETING

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Date	November 11, 2024	Time	2:09 PM	Conductor	Jose Valadez

BACK / LIFTING SAFETY

INTRODUCTION

Whether we are lifting one pound or 100, if we do not lift safely we can injure our backs and cause a lifetime of pain.

Do you know someone who has had a serious back injury? How has it affected their life?



In this meeting, we will discuss:

(1) **LIFTING CORRECTLY**

(2) **BACK SAFETY TIPS**

(3) **THINGS WE LIFT**

LIFTING CORRECTLY

Perhaps you have heard the term “Lift with your legs, not with your back”. This is not complicated. It simply means to bend your knees when you lift. Some may think “IT TAKES TOO LONG TO LIFT THAT WAY”. This is a myth! It takes the same amount of time, and can increase productivity!

We must get into the habit of lifting correctly.

1. Ensure the load is safe for you to lift. Otherwise get help.
2. Get close to the load, feet about shoulder length apart and IN A STRONG LIFTING POSITION.
3. Bending your knees, grip the items securely, keeping it close to your body.
4. Keep your chin up and maintain your balance
5. Keep the item straight in front of you and avoid twisting while picking up, putting down and carrying the item.
6. Use the same technique when putting the item down.



BACK SAFETY TIPS

- Stretch before you work. Just like a baseball or soccer player would never play without stretching, we too can help prevent injury by doing the same for a few minutes before starting work. Consult your doctor about stretching exercises.
- When two or more people lift, there must be good communication. One person takes the lead and use the “1,2,3, LIFT” technique.
- IF TRAINED TO DO SO - USE CARTS, DOLLIES, AND LIFTS TO MOVE HEAVY ITEMS.

THINGS WE LIFT

Group Discussion:

- What do we lift during our work?
- Everyone demonstrate safe lifting technique.
- Are there any questions?

Attendees Names

Jose Valdez

Attendees Signatures

N/A

CONDUCTOR SIGNATURE

A handwritten signature in black ink, appearing to read "Jose", located in the upper left quadrant of the page.

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