



SAFETY TIP OF THE WEEK

FOR THE CONSTRUCTION INDUSTRY



Company _____ Date _____

To encourage all of us to promote safety on a continuing basis, the Builders Exchange publishes a safety tip in each issue of the weekly Bulletin. The superintendent/foreman of each job should use this safety tip in a short safety meeting Monday morning. We suggest that this 5-to-10 minute meeting be just before lunch or perhaps right after the morning break. You can then emphasize the SAFETY TIP OF THE WEEK all week long.

Back Injury Prevention – Best Practices

Week Ending 10/30/20

Most people will suffer from back pain at some point in their lives. After resting for a few weeks, icing their injury, and doing some basic stretching, they usually can return to work.

But, in industries where the work creates a strain on your body, back pain is a huge contributing factor for why employees decide to call in sick. That can lead to loss in productivity for your business and an increase in workers' compensation claims.

Fortunately, there are steps you can take to reduce your rate of incidence. Check out these back injury prevention tips to get started:

1. Encourage Employees to Report Symptoms Early

If you want to avoid serious injuries that put your team out of commission, you need to make sure they report any pain or issues early on. While someone may dismiss their pain thinking they just "slept wrong," it can be dangerous if they do not properly diagnose the cause .

It's important to use best practices for lifting and strengthening the muscles that see constant use. Talk to employees about the signs and symptoms to look for so they can protect themselves from chronic pain by addressing aches at their onset.

2. Purchase Ergonomic Equipment

The way we sit, stand, and move contributes to the way we feel. Ergonomic equipment is designed to reduce strain and prevent injuries.

To ensure your workers have everything they need to function at optimal levels, purchase ergonomic tools and equipment that help reduce strain on their bodies. Comfortable employees are happy employees.

3. Reward Positive Behavior

Even when we know what is best for ourselves, sometimes it is tempting to take a shortcut. By educating your employees about the steps they can take to prevent injuries and protect their bodies, you provide one half of the equation. You also need to encourage them to follow through.

Consider an Employee Recognition Program with certificates or gift cards for positive behavior.

4. Create More Efficient Workflow

If your employees have to move a lot of things around every time they need to access a part of their workspace, that's not an efficient workflow pattern.

Make sure your employees are reducing strain on their body by not placing heavy items on low shelves, not over stacking shelves, and not storing heavy items above eye level.

5. Employ Sports Medicine Techniques

There are a wide variety of stretches and treatments offered under the umbrella of sports medicine that can be used to reduce the prevalence of back injuries in your workplace. Allow our dedicated team of professionals to create a strategy that meets your needs.

More Help for Back Injury Prevention

Preventing back injuries in your workplace is key to maintaining peak productivity. Taking care of your workers allows them to take care of you.

Special Topics for this Job: _____

MSDS # _____ Reviewed – Title: _____

Present at Meeting:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Supervisor's Signature: _____

Note: These SAFETY TIPS OF THE WEEK are to help members provide a safe workplace and to instruct employees in ways to prevent accidents. Ensure you record the names of those who attend your safety meetings, and file this form with your permanent accident prevention records.