



“These injuries can affect your quality of life for weeks, months, or even years, preventing you from working or doing many things you enjoy.”

- Discuss** the attitude that “it won’t happen to me”. Remind them that an injury can and will happen if they take shortcuts or are careless.
- Instruct** students to identify and report any safety concerns about lifting or handling items.
- Encourage them to **ASK** questions.
- Answer** any questions or concerns they might have.
- Set a good example** by working safely at all times.

Resources

- Back Talk: An Owner’s Manual for Backs**
www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/back_talk.pdf
- Does your back hurt? A guide to preventing low back pain**
www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/does_your_back_hurt.pdf
- Ergonomics Commentary 1 – Back Belts**
www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/backbelts.pdf
- Lift/Lower Calculator**
www2.worksafebc.com/calculator/llc/default.htm

HANDLING AND LIFTING ■ MANIPULATION ET LEVAGE ■ TIGUTTAQNI QANGATTAQNILU ■ ᐱᓕᓂᐱᓐᓂᓐᓂᓐ ᐱᓕᓂᓐᓂᓐ