

TOOLBOX SAFETY TALK

WHAT TASKS MIGHT EXPOSE WORKERS TO LIFTING AND TWISTING HAZARDS AT THE WORKSITE?

- How can we reduce or eliminate lifting or twisting when we perform our tasks?

PROPOSE CONTROLS

- Can you **eliminate** twist and lift hazards at the worksite? For example, have heavy items delivered to specific work locations where they will be used, rather than workers having to move them.
- Can you **substitute** a piece of equipment or a task with one that has a lower risk? For example, have a bobcat operator move a pile of dirt instead of workers completing the task manually with shovels.
- Can you **engineer** a way to reduce workers' exposure? An example could be to rearrange workstations or work processes so that workers do not need to change direction when carrying objects.
- Can you find an **administrative** solution by developing or reviewing safe work procedures for lifting and moving objects with your workers? You may find that workers could use a training session on safe lifting practices.
- Protect workers with **personal protective equipment (PPE)** by providing appropriate PPE such as lumbar support for lifting heavy items, non-slip gloves for a good grip, or cleats on shoes to avoid sudden slips while carrying something.

EXPLAIN THE DANGER: LIFT & TWIST FACTS

Lifting and twisting incidents can happen when a worker turns their body to the side while carrying a heavy load, or the worker reacts a sudden movement (such as slipping on ice) while holding something heavy. Twisting and lifting hazards often result in injuries such as strains, sprains, or muscle tears in the trunk, back, and arms.

In the North, the following occupations are at the highest risk for being exposed to twisting and lifting hazards:

- Mine labourers
- Janitors, caretakers, and building superintendents
- Heavy equipment operators

PREVENTING LIFT & TWIST INJURIES

Assess and Discuss:

- What jobs at our worksite involve lifting or twisting?
- Have all workers received training to operate the lifting devices?

See: OHS Regulations Sections 82, 85, 465, and Mine Health and Safety Regulations Sections 9.70 – 9.74.

Resource: www.ccohs.ca/oshanswers/ergonomics/mmh/mmhintro.html