

RISK COMMUNIQUÉ

Back Injuries Risk Factors and Controls

Risk Factors

- Weight of load (maximum of 51 lbs.)
- Location of load (above/below 30 inches)
- Frequency of lift (50 or more times per hour)
- Distance of load from body
- Twisting
- Lack of handles
- Carrying distance
- Static exertion
- Vibration
- Sudden, jerky lift
- Temperature extremes
- Slippery floor/shoes
- Cramped work area
- Push/pulls requiring large force to start rolling

Controlling Factors

- Reduce weight of container
- Reduce size of container
- Change shape of container or object
- Provide grips or handles
- Lift tables
- Use Lift Trucks
- Cranes and hoists
- Drum and barrel dumpers
- Table at proper height (hands at 30 inches)
- Elevated conveyors
- Gravity dump systems
- Vacuum systems
- Increase weight beyond ability to lift manually
- Hand trucks
- Caster ball tables
- Wheeled carts
- Level flooring
- Relocate shipping/receiving/storage area
- Reorganize production process steps
- Ramps sloped less than 10%
- Push don't pull when possible
- Variable height handle

This is a sample guideline furnished to you by Glatfelter Public Practice. Your organization should review it and make the necessary modifications to meet the needs of your organization. The intent of this guideline is to assist you in reducing risk exposure to personnel. For additional information on this topic, you may contact your GPP Risk Control Representative.