

# SAFETY WALKAROUND CHECKLIST BACKS & LIFTING


2001

Date Prepared: \_\_\_\_\_

By: \_\_\_\_\_

Project Name/No: \_\_\_\_\_

Location: \_\_\_\_\_

- Check the box if the statement is true.
- Fill in the blanks where the  appears.
- Citations in brackets are from Title 8 of the California Administrative Code.

## NOTES

### HAZARD IDENTIFICATION [1509]

- The company has a written Injury and Illness Prevention Program (IIPP) that meets all Cal/OSHA requirements. It includes identification of back hazards on the site, regular inspections, accident investigation, and correction of hazardous conditions.
- Materials which may present lifting hazards on the job have been identified:
  - Heavy objects (over 20 lbs. if they will be lifted repeatedly; over 50 lbs. at one time). *(List below.)*
  - Bulky or awkward objects. *(List below.)*
  - Loads whose weight may suddenly shift. *(List below.)*
  - Objects which must be lifted from above shoulder level. *(List below.)*
  - Objects which must be lifted from the floor. *(List below.)*
  - Objects which cannot be held close to the body. *(List below.)*

*List identified lifting hazards:*




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- Tasks which require repeated twisting, bending, or reaching overhead have been identified. (*List below.*)

*List identified twisting, bending, or reaching hazards:*




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- Back injuries and all accidents involving lifting are investigated, and hazards are corrected.

**JOB DESIGN** [1509]

- When possible, jobs are designed to minimize manual material handling.
- When possible, mechanical lifting devices (fork lifts, hoists, cranes, and block and tackle) are used.
- Manual lifting and carrying devices (dollies, hand trucks, pry bars, and hooks) are available and in good condition.
- Where possible, materials and equipment are used that are easy to lift and carry (for example, bricks with handholds or fiberglass ladders).
- Where possible, materials are ordered in small, light quantities (for example, 3-foot drywall or small packages of cement).
- Lifting tasks are divided among workers to reduce repetitive lifting.
- Heavy materials which must be lifted manually are stored off the ground, no lower than knee height. (This limits the height of the lifting required, and reduces pressure on the spine.)
- Heavy materials are stored where there is enough space to lift them safely, without reaching or twisting.

**TRAINING** [1509]

- Workers have been trained about all identified lifting hazards on the job, and methods to avoid injury.
- Workers have been trained in safe lifting techniques, including team lifting and carrying.

**WORK PRACTICES** [1509]

- Materials are delivered as close as possible to where they will be used.
- Loads are split up to reduce weight.
- Walkways are kept clear to allow use of material handling devices like carts and dollies.
- Mechanical devices or team lifting techniques are used for heavy loads whenever possible.
- Before lifting and carrying heavy objects, workers plan the task, including resting points if necessary.
- Workers use the correct grip, test the load before lifting, and lift and hold the load close to the body.
- Loads are lifted and lowered gradually.
- Workers are encouraged to “warm up” at the start of each shift, and to take regular stretch breaks.

**CAL/OSHA ERGONOMICS REGULATION**

- If there has been more than one ergonomic injury within a year to workers doing the same task, the company has set up a program to identify and correct these hazards and provide relevant training.  
[5110]