

# Back Safety & Lifting Checklist

Preventing back injuries is a major workplace safety challenge. More than one million workers suffer back injuries each year, and back injuries account for one of every five workplace injuries or illnesses. Use this OSHA inspection to ensure your workforce is using the correct lifting and moving techniques to protect their back. This should be used regularly by team leaders, floor supervisors, and safety managers.

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By:

Date:

Time:

1. Are workers observed moving materials manually (i.e. lifting, pushing or pulling)?	Yes	No	N/A	Comments
2. Have employees been trained in safe lifting principles?	Yes	No	N/A	Comments
3. Are workers observed lifting improperly (i.e. bending the back not at the knees, lifting awkward shaped objects, etc.)?	Yes	No	N/A	Comments

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4. Are workers trained to report symptoms of ergonomic stress like back pain, strains, and sprains to management?	Yes	No	N/A	Comments
5. Are Supervisors and Lead workers aware of ergonomic risk factors such as awkward postures or repetitive tasks?	Yes	No	N/A	Comments
6. Are work surfaces, conveyors and packing equipment adjustable to allow different sized workers to work comfortable whether sitting or standing?	Yes	No	N/A	Comments
7. Does the company have a written Ergonomic Safety Program?	Yes	No	N/A	Comments
8. Are workers required to manually lift greater than 50 Lbs on a regular basis during a shift?	Yes	No	N/A	Comments
9. Are workers required to manually lift objects from the floor or from above shoulder height?	Yes	No	N/A	Comments
10. Are workers required to operate tools or equipment with a "trigger" or that are activated by squeezing during an entire shift?	Yes	No	N/A	Comments

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11. Does the company provide back braces, wrist supports or other ergonomic equipment to workers?	Yes	No	N/A	Comments
12. Are workers allowed to work overtime and is fatigue management employed by Supervisors to avoid ergonomic injuries?	Yes	No	N/A	Comments
13. Write Comments or Remarks here:				

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