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BACK INJURY PREVENTION AUDIT

LOCATION: _____ PERSON (S) CONTACTED: _____

ADDRESS _____

DATE: _____ COMPLETED BY: _____ UNIT NO. _____

Storage

YES NO N/A

- | | | | | |
|----|---|--------------------------|--------------------------|--------------------------|
| 1. | Heaviest items are stored at waist level to avoid bending and reaching above the shoulder? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | Aisles are clear of items, extension cords and spills, etc that may cause a trip and fall when lifting or carrying? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Ladders are available, in good condition and <i>used</i> for reaching items stored above waist level? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | Carts or dollies are available for moving items rather than carrying them? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | The casters or wheels on these carts and dollies roll easily? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | Are the cart and dolly casters on a preventative maintenance schedule to assure that they roll easily? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Body Mechanics

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 7. | Have employees received training on proper body mechanics when lifting, lowering or carrying materials? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | Employees, <i>observed</i> lifting and lowering items are: | | | |
| | • Gripping the item with their full hand, and not just their fingers? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | • Bending at the knees, rather than at the waist? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | • Lifting or lowering with their feet positioned so one is slightly in front of the other, and approximately shoulder width apart? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | • Keeping the item as close to their body as possible? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | • Moving their feet rather than twisting at the waist to turn? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | • Using available ladders to reach items stored above waist level? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | Employees use team lifting of large, awkward, heavy items? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Comments: _____

