

Safe Lifting Techniques

KEEP IN MIND

- Back injuries are one of the nation's leading workplace related injuries, accounting for one out of every five workplace injuries.
- Back Injuries are the 2nd-most common workplace problem.
- Repeated incorrect lifting can result in a variety of Injuries including the overstretching of muscles and damage to spinal disks

FOR THOSE AWKWARD MOMENTS

If you must lift or lower from a high place:

- Stand on a platform instead of a ladder
- Lift the load in smaller pieces if possible



Because lifting is something everybody does at one time or another on the job or at home, you may not even think twice about it until your back begins to hurt.

Basic Rules for Safe Lifting

- Lift with your legs, not your back; this is because your legs muscles are larger and better positioned over the hips and knees to provide this activity.
- Do not twist; instead, always position your hips and feet toward the object you are lifting or moving.
- Maintain the natural curves of the neck, upper back and lower back while lifting, moving, and even sitting.
- Keep objects close to your body between the shoulder & waist level; this reduces the leverage on your spine.
- Push, rather than pull when possible. Pushing naturally places your legs in a position to do the work whereas pulling naturally places your back in a forward bent position.

Injury Prevention Techniques

- Size up the load lift by pushing the object lightly with your hands or feet to see how easily it moves. This will give you an idea about how heavy it is. Is it manageable, or will this task take two people?
- Inspect the route where the load will be carried. Especially look for tripping hazards and adequate room to maneuver safely.
- Clean off greasy, wet, or dirty items before lifting. Keep your hands free of anything that will prevent a firm grasp, such as, oil, or ragged gloves.
- Bend with your knees keeping your back straight. Get a firm grasp on the load, and make sure to have a solid footing before beginning.
- Once you lift the load, keep it close to your body. Keep fingers away from edges where pinches may occur. This is especially important when carrying through doors, or when setting a load down.
- Create and maintain ease of access to piles or stacks of materials. When piling or stacking materials, make sure one level is resting securely on the one below it. Use proper blocking when necessary and never exceed a safe height. Report any unsafe stacks to your supervisor .
- Consider using mechanical means when possible