

LIFTING SAFELY

Workers who frequently lift objects or lift with improper technique are at higher risk of developing back injuries and other musculoskeletal disorders.

Proper Lifting Techniques

1. Test the weight of the object.
2. Keep your feet shoulder-width apart.
3. Squat down. Bend at your knees and hips only.
4. Keep object close to your body and in front of you. Ensure a good grip.
5. Look straight ahead and ensure walking path is visible and clear of obstructions.
6. Keep back straight, chest out, and shoulders back.
7. Slowly lift by straightening your legs.
8. When moving with the object, carry it close to your body at the level of your belly button.
9. Use your feet to change direction. Take small steps. Do not bend or twist your body.



Lifting Safety Tips

- Store heavier items between knee and shoulder level to minimize bending and reaching.
- Plan and prepare for the lift, such as work flow and ensuring pathway is clear.
- Allow time for your body to recover between lifting tasks.
- Use mechanical aids (e.g., hand cart) to move heavy items.
- Use containers with handles. Divide into smaller loads.
- Lift bulky or heavy loads as a team.