

LIFTING SAFETY

Preparation:

Ensure that you are wearing proper clothing and PPE

- Steel toe shoes should be worn when lifting heavy items.
- Gloves are also recommended when lifting certain objects.
- Stretch before you attempt to lift a heavy object or at beginning of a shift.
- If possible, store materials at waist height to reduce the strain on your back.
- Have materials delivered as close to final destination as possible.
- Access the object you are going to be lifting:
 - Determine the weight of the object before lifting
 - Determine the best place to grip the object
- Ensure your travel path is free of slipping and tripping hazards.
- Know your own lifting restrictions and capabilities.

Get Help:

- Use carts, dollies, forklifts and hoists to move materials.
- When lifting a load more than 50 pounds, get help from another worker.

Proper Lifting Techniques:

- Have your feet spread about shoulder-width apart.
- Your feet should be close to the object.
- Get a firm grip on the object.
- Keep your back straight and elbows close to your body.
- Keeping your back straight and head up, straighten your legs to lift the object.
- At the same time tighten your stomach muscles to provide back support. (Don't hold breathe while doing this).
- While carrying the object DO NOT twist or bend at the waist, move your feet and legs when turning.
- Keep the load as close to your body as possible.
- To set the object down, use the same technique used to lift the object.

Other Useful Safety Tips:

- Take your time. You are more likely to be injured when you are tired or cold.
- Lift as smoothly as possible, try not to "jerk" the lift.