

Simple Steps for Safe Lifting



Preventing a back injury is much easier than repairing one. To keep your back in good shape, follow these tips when lifting heavy loads on the job-site.

Plan Your Lift



- 1** Position yourself correctly in front of the load with your feet straddling the load, one foot slightly in front of the other for balance.
- 2** Slowly squat by bending your knees, not your waist, back, or stomach.
- 3** Using both hands, firmly grab the load and bring it as close to your body as you can.
- 4** Lift with your legs, not your back.
- 5** Slowly straighten your legs until you are standing upright.

Plan Your Turn

Turn to the side by moving your feet, not by twisting at your stomach.



Plan Your Lower

Reverse the lifting procedures to set the load down.

Squat by bending your knees, and position the load in front of you.

Find a Teammate

Use team lifting whenever possible. Or break down one large load into smaller units to spread among your team.



Utilize Your Aids

Use material-handling aids for loads that are awkwardly shaped or exceed 50 pounds.



Cranes



Hoists



Forklifts



Pallet jacks



Ladder elevators



Conveyors



Carts



Dollies



Wheelbarrows



Hand-operated lift trucks