

Safety Smart! Safety Talks!

Safe Lifting

If you've ever hurt your back while lifting something, you'll know why it is so important to lift safely.

Whether or not lifting is a regular part of your job, it is important to know the basic techniques for safe lifting.



The first step is to PLAN YOUR LIFT.

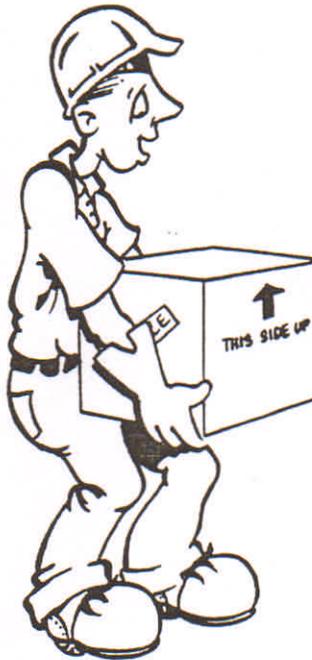
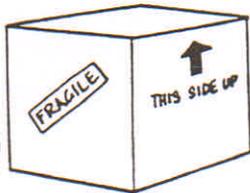
- Size up the load - its weight, shape and position. Is the load too large, too heavy or too awkward to move alone?

- Decide on the route you will take, and check for any problems or obstacles such as a slippery or cluttered floor. Check out the place

where you will set down the load too, so you can anticipate any difficulties.

Then **POSITION YOURSELF** correctly to pick up the load.

- Get as close as you can to the load.
- Place your feet about shoulder width apart, straddling the load if possible.
- Tuck in your pelvis.
- Bend your knees.



The CORRECT LIFT

- Let your legs do the work. Use your strong thigh muscles to lift, rather than your weaker back.
- Don't twist your body. If you have to turn, move your feet instead of your trunk.
- Make sure you can see over your load and move carefully toward your destination.

How you **SET DOWN** the load is as important as how you pick it up.

- If it must go to the back of a deep shelf, for instance, put the load down on the edge and push it into place.
- Take care to avoid crushing your hands when you release the load.

GET HELP.

- If you can't handle the load alone, don't be a hero. Get some human or mechanical help.

- If you choose a **MECHANICAL HELPER** such as a hand truck, make sure it is in good repair and that the wheels are working correctly.

