

Toolbox Safety Series



Lifting

“LIFTING”

Do you realize you may be risking serious injury? It's true if you don't lift correctly. Improper lifting causes back injuries that can take months and even years to heal. Many times these injuries are permanent and disabling. A little know-how can help you to lift safely.

When you are preparing to lift, check the load. If it looks too heavy, don't be afraid to ask for help. If the object has rough or sharp edges wear suitable work gloves. They'll give you a good grip and protect your hands. Also wear proper footwear. There is always a chance of dropping something on your toes, or losing your footing.

Know that you can lift the load. Is it too heavy or too awkward? If so, get some help. Check your path and make sure it is clear. Check to see if you have enough room, that there are no obstructions in the way and that there is nothing overhead. Be aware of uneven surfaces.

When you make the lift, squat down and get a good grip on the object. As you rise, lift with your legs, keeping the load as close to your body as possible. Remember that your legs are much stronger than your arms. If you have to place the load to your left or to your right, don't twist your body. Move your feet instead. When you have to lower the load, simply reverse the procedure.

Remember these points when you lift:

When lifting, get a firm footing, feet apart, one slightly behind the other for good balance.

Stand close to the load.

Always remember to lift with your legs and not your back.

Carry the load close to your body.

Never try to carry a load that is too heavy. Ask for help or get a machine such as a boom truck to do the heavy lift.

THINK - LIFT SAFELY

