Lifting tips

Many injuries that occur on the job happen when lifting items, especially if those items are heavy or awkward. Here are some tips that you can use to help protect yourself from lifting injuries.

- Clear a pathway before attempting to move an object.
- Check the weight of the package by looking for posted weight or by sliding the object slightly to determine the heaviness of the item. If an object seems too heavy to lift, seek assistance, use a hand truck or dolly, or open the container and transfer the contents in partial loads.
- When lifting, get as close to the object as you can. Place you feet shoulder-width apart.
- Get a good grip on the object.
- Keep the load close to your body. Don't extend your arms.
- Let your legs do the lifting, not your back. Lift in a slow, controlled manner.
- Don't twist your body to lift the item.
- Avoid lifting heavy items above shoulder height.
- If you drop an item, move out of the way. Don't try to catch the falling item.

Some sites that offer safe lifting illustrations are:

http://www.acgov.org/cao/rmu/documents/Proper_Lifting_Poster.pdf Link to a poster that offers safe lifting techniques.

http://www.pintopotts.co.uk/claims/personal-injury-lifting-heavy-objects/

http://www.unco.edu/hr/Safety%20Shorts/LiftingSafetyRules.pdf