

Help your employees understand safe lifting, and why it is important.

IMPOTANCE OF SAFE LIFTING

Work in various industries can require repetitive lifting, bending, and stooping. These actions overtime can result in back injuries and other ergonomic issues.

Back pain can affect us both on and off the job. Common causes are:

- 70% result from degeneration and aging of the spinal disk.
- 20% are due to inflammation (arthritis, etc.).
- 10% are due to actual back injuries and miscellaneous causes.

It is import to determine what the cause of the pain is. The problem may or may not be work related. A diagnosis from a doctor can help you determine your particular condition.

Before you lift, it is important to remember that we only have one back, and we must take care of it. Please seek help if the load looks too big to handle, and follow the steps below.

HOW TO LIFT SAFELY

- Approach the load and size it up (weight, size, and shape). Consider your physical ability to handle the load.
- Place your feet close to the object to be lifted and about 8-10 inches apart. One alongside and the other behind the object.
- Bend your knees at a comfortable position and get a good handhold. Using both leg and back muscles, lift the load straight up. Keep the load close to your body.
- Lift the object into carrying position, making no turning or twisting motions until the lift is completed.
- Turn your body with changes of foot position after making sure the travel path is clear.
- Using leg and back muscles comfortably lower load by bending your knees. When load is secure, release your grip.
- Get help if the load is too big to safely handle.

