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Working safely while lifting. Providing training on safe lifting techniques.

Safety Toolbox

Safe Lifting

Lifting properly and it's benefits:

Proper lifting techniques helps prevent injuries and keep your body safe from unnecessary strain.

To lift safely, always bend at the knees, not the waist, keeping your back straight and engaging your leg muscles for support.

Maintain a firm grip, hold the load close to your body, and avoid twisting while carrying heavy objects.

When lifting above shoulder height, use a stable surface or ask for assistance. If an item is too heavy or awkward to lift alone, seek help or use mechanical aids.

Prioritizing safe lifting practices reduces the risk of strains, sprains, and long-term musculoskeletal injuries, helping you stay healthy and productive

Preparation and planning are critical aspects of ergonomic lifting:

- Evaluate the lifting task for safety, know how much you can safelty lift and ensure the load doesn't exceed that weight.
    - If the load is too heavy find an alternative – help of another person or use a safe alternative (dolly, pushcart, etc.)
- Determine if the object is too large or awkward to lift and carry alone while doing it safely.
- Will you be able to firmly grip the object while carrying it.
- Do you know your path and where the object is going ahead of time.
    - Ensure the path is clear of obstructions
    - The floor is dry
    - The distance is not to great
- Ensure the load will not obstruct your vision.
- Stretch and warm up muscles before lifting reduces the risk of injuries.

Proper Lifting Techniques

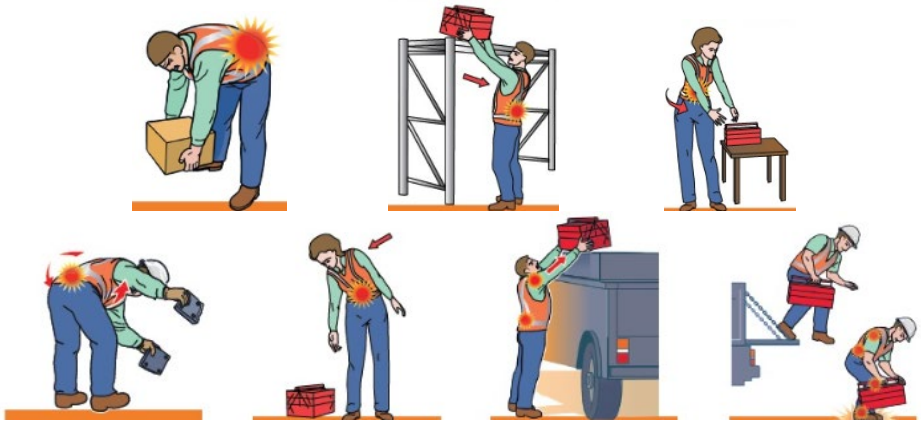
- **Plan the Lift**
- **Correct Posture**
- **Grip and Lift**
- **Avoid Twisting**
- **Set Down Safely**

Occupationl Risk Factors

Occupational risk factors for safe lifting include a combination of physical demands, environmental conditions, and improper techniques that can lead to injury. Some key risk factors include:

- **Heavy or Awkward Loads:** Lifting objects that are too heavy or have an uneven shape increases the risk of strain or muscle injury.
- **Poor Lifting Techniques:** Bending at the waist, twisting while lifting, or failing to engage the legs properly can lead to back injuries.
- **Repetitive Movements:** Frequent lifting without adequate rest or variation in movements can cause strain over time.
- **Unstable or Slippery Surfaces:** Lifting on uneven ground or wet/slippery flooring can increase the risk of falls.
- **Improper Footwear:** Shoes without good traction or support can reduce stability during lifting tasks.
- **Fatigue and Overexertion:** Lifting while exhausted or pushing beyond physical limits increases the likelihood of muscle strains and injuries.
- **Lack of Training or Awareness:** Employees unaware of proper lifting techniques are more susceptible to injuries.
- **Environmental Hazards:** Poor lighting, extreme temperatures, or confined spaces can make lifting more dangerous.
- **Workplace Layout:** Narrow pathways, cluttered areas, or obstacles can force awkward lifting postures and increase risks.
- **Lack of Mechanical Aids:** The absence of lifting equipment, such as carts or hoists, can put unnecessary strain on workers.

Tips to lifting properly



THE BACKSAFE (7) DON'TS

- Don't bend forward more that >20°
- Don't bend backward > 5°
- Don't twist > 20°
- Don't bend and twist forward > 20°
- Don't Tilt > 20°
- Don't reach > 20°
- Don't jump off objects

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