

## Proper Lifting Techniques



### INTRODUCTION

Did you know that you could be putting yourself at risk of serious injury multiple times a day without even realizing it? This is true if you don't lift correctly. Improper lifting techniques may result in back injuries that could take months or even years to heal, and in some cases, they can be permanent and disabling. However, with a little know-how, you can learn to lift correctly and reduce these risks.

### PREPARING TO LIFT

Before lifting, assess the load. If it appears too heavy, don't hesitate to ask for assistance. Ensure you're wearing safety shoes as there's always a chance of dropping something on your toes. If the object has rough or sharp edges, wear durable work gloves to provide a good grip and protect your hands.

### MAKING THE LIFT

Position yourself by crouching down with the load between your legs and secure a firm grip on the object. As you rise, use your leg muscles to lift while keeping your back straight and the load close to your body. When maneuvering the load to the left or right, avoid twisting your body; instead, move your feet accordingly. When lowering a load, reverse the procedure by bending your knees and maintaining a vertical back position.

### SUBSTITUTION

Whenever possible, utilize equipment specifically designed for handling and transporting materials to reduce the risk of injury.

### LET'S REVIEW

- Avoid lifting more than you can handle and seek help for heavy loads.
- Always wear safety shoes.
- Use gloves for objects with rough or sharp edges.
- Lift with your legs, not your back.
- Keep the load close to your body to minimize strain.
- Refrain from twisting your body when placing a load to the side; move your feet instead.

Remember, when it comes to lifting, prioritize proper technique to safeguard your back and prevent injuries.

**NOTE: Employees should never be pressured to lift an object they are uncomfortable with. Any concerns about back injuries must be reported immediately for thorough investigation and resolution.**

