



SAFE LIFTING PROCEDURES

May 16, 2008

Hazard Review

Injury		

Preserve your back health by using the following lifting strategies:

1. Before lifting a load, think of other means of moving it using a device that can help you to pull, push or roll the load.
2. Have firm footing and make sure the standing surface that you are on is not slippery.
3. Determine the best way to hold the load using handles, gripping areas or special lifting tools.
4. Facing the load, position your feet about shoulder width apart with one foot slightly ahead of the other.
5. Squat, keeping your back straight by tucking your chin in. Bend down with knees and hips.
6. Get a firm grip on the load, using your hands not just your fingertips.
7. Tighten your stomach muscles and use large leg muscles to lift.
8. Lift the load slowly. Lift steadily and smoothly and avoid quick, jerky movements.
9. Hold the load as close to the body as possible; be sure you position the load close to the body before lifting.
10. Do not twist during your lift or when moving the load. Turn with your feet rather than your back. **Remember to Turn, don't Twist.** Twisting is the most common cause of back injury.
11. Set the load down gently, using your legs and keeping your back as straight as possible.
12. Be sure your fingers are out of the way when putting the load down and when moving the load through tight spaces.
13. Ask for help if you need it and use lifting tools and devices (such as carts, hand trucks or forklifts) whenever they are available.
14. Reduce the size of load whenever possible.
15. Remember to follow the same procedures in reverse when putting down the load.