

SAFE LIFTING

Lifting is a common activity in the workplace, and it is often forgotten that there are proper techniques that need to be followed to avoid injury. In fact, lower back injuries are the most common work-related injury cited by the Occupational Safety and Health Administration (OSHA).

Keep Safety in Mind

Safe lifting plays an important role in keeping your back healthy and you safe.

Here are the top five things you need to know about safe lifting.

1. Look over the load

Decide if you can handle it alone or if you need assistance. When in doubt, ask for help. Moving an object that is too heavy or bulky can cause severe injury.

2. Clear obstacles

Check the path by walking it without the load. Clear the path of any obstacles. Have a plan for lifting and placing the load.

3. Bend your knees

Bend your knees
Keep your back straight
Feet shoulder width apart
Keep your head looking straight
Lift with your legs

4. Arms close to body

Keep your arms and elbows as close to your body as you can while lifting. If you have to stretch your arms out completely away from your body, ask for assistance with the lift.

5. Don't twist

Use your feet to change direction. Don't twist your body. Twisting your body adds to the stress of the lift and affects your balance.

Discussion

- 1. Have someone demonstrate a proper lift. Explain the steps while you do them.**
- 2. Can anyone share an experience relating to this topic?**

Training Name: **SAFE LIFTING**

Date of Training: _____

Print Name

Sign Name
