

Safe Lifting and Moving

How to avoid lifting
injuries with these safe
moves

MAKE A PLAN:

Plan and clear the route. Determine the weight and size of the object to be moved and if mechanical aid is needed.

GOOD BODY POSITIONING:

Bend at the knees with feet shoulder width apart and keep the item being lifted close to the body. Maintain good posture with head up. Avoid twisting while lifting and take it slow.

GET HELP:

When moving a large or awkward item ask for assistance.

AVOID OVERREACHING:

When lifting something overhead, avoid straining or reaching. Get a step ladder to move the object safely.



When possible, avoid manually lifting an item and use a lifting aid such as a dolly or cart.

Safe Lifting and Moving Training Guide

Below are questions and talking guides for safe lifting and moving training.

Questions

True or false: You should always remove obstacles from your path before lifting the item.

Should you change the direction of the body before, during, or after lifting an item?

True or false: Employees should ALWAYS avoid lifting heavy objects when possible.

Should the back be bent or have a slight curve when lifting?

Answers

TRUE: Removing obstacles ahead of time helps to stay focused on the task at hand and prevent tripping on unseen items.

Always avoid twisting and turning. Change direction using the feet before or after you have lifted the object and are completely upright.

TRUE: If it is necessary to lift a heavy object ask for help or get mechanical aid when you can.

The back should remain straight with head forward. Keeping good posture is critical in reducing strain on the back during a lift.

Conclusion:

Make these tips part of the process when lifting and traveling with any object; especially if it is large or heavy.