TIPS ON LIFTING, CARRYING, AND LOWERING WEIGHTS

Adventist Risk Management, Inc. | Weekly Newsletter

Providing Risk Management Solutions for the Seventh-day Adventist® Church
SAFETY TIPS ON LIFTING, CARRYING, AND LOWERING WEIGHTS

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Safety Tips on Lifting, Carrying, and Lowering Weights

Posted by Adventist Risk Management, Inc.

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Planning

- Where is the load going to be placed?
- Use appropriate handling aids when appropriate.
- Plan the lift by sizing up the load and check for overall conditions.
- Check route for clearances and obstacles.
- When possible, use a handcart, pallet jack, or dolly
- Break down large and heavy loads.
- Know your limits.
- Seek help if necessary.
- Take extra care with awkward tasks.
- For long lifts, such as from floor to shoulder height, consider resting the load midway on a table or bench to change your grip on it

Lifting

- Keep the load close to the waist for as long as possible while lifting. The distance from the spine at waist height is an important factor in the overall load on the spine and back muscles. Keep the heaviest side of the load next to the body.
- Remember to use the “5 L’s” of Back Safety:
  1. Load
  2. Lungs
  3. Lever
  4. Legs
  5. Lordosis – keep your back straight
- Adopt a stable position with your feet apart and one leg slightly forward to maintain balance.
- Ensure a good hold on the load hugging the load close to the body.
- Don’t bend your back when lifting – lift with your legs.
- Don’t flex the back any further while lifting.
- Don’t twist when you lift.
Keep your head up.

**Carrying**

- Move smoothly.
- Know your limits.
- Lower down, and then adjust your body and the load.
- Hold the load close to your body.
- Look where you are walking.
- Take extra care carrying up and down stairs.
- Don’t twist your body, move your feet to turn.

**Team Lifting Must Be Coordinated...**

- If the weight, shape, or size of an object makes the job too much for one person, ask for help.
- Ideally workers should be of approximately the same size for team lifting.
- One individual needs to be responsible for control of the action to ensure proper coordination. If one worker lifts too soon, shifts the load, or lowers it improperly, either they or the person working with them may be injured.

**Lowering**

- Bend your knees to lower the load when depositing the load on a bench or a shelf.
- Don’t trap your fingers and/or toes.
- Pull it down first, and then slide it into place.
- Don’t over-reach or stretch.

*Proper methods of lifting and handling protect against injury. Proper lifting makes work easier. Over time, safe-lifting techniques should become a habit.*

**References:**

- www.OSHA.com
- Occupational Health Department Imperial College
- http://www.georgefox.edu/offices/hr/Lifting%20and%20Carrying%20Techniques.pdf