

SAFE LIFTING PRACTICES

ALWAYS THINK SAFETY FIRST!

Before doing a job where lifting is involved, practice a few times using good lifting technique. Correct lifting form is the easiest way to lift any load with the least strain and awkwardness. Lifting incorrectly will eventually cause injury and pain. The back can be damaged quickly and can take a long time to heal.

Whenever possible, use alternative methods and mechanical lifting equipment to help lift and move heavy loads. Forklifts, hand trucks and platform trucks can save time and injury.

1

POSITION AND EVALUATE

Take a look at the load and decide if the weight is within your ability and comfort level. Never try to lift a load by yourself if you estimate it to be too heavy, bulky or awkward. If you decide to lift the load, move in close to the base of the object and face it squarely. Place one foot slightly in front of the other to give you better balance.



4

CARRY THE LOAD

Gently lift the object into a comfortable carrying position. If you can't lift slowly, you can't lift safely. Do not twist your body when in the upright position. If you must change directions, be sure to turn your whole body with the load by shifting the position of your feet. Continue to maintain normal, steady breathing.



2

BEND AND SQUAT

Bend your knees, not your back. Spread your knees apart, or lower one knee towards the ground, to get your body as close to the object as possible. Squat with your back straight and your head up.



5

LOWER THE LOAD

Lower the load by bending your knees again, keeping your back straight and your head up. If lowering the object all the way to the floor, again spread your knees or lower one knee towards the floor to give you good balance. Keep the load close to your body as you use your arm and leg muscles to lower it.



3

LIFT THE LOAD

From the squatting position, slowly begin to push up into a standing position. Let your legs carry the weight. Keep your back straight and your head up. Breathe normally and tighten your abdominal muscles as you push up. Bring tension on your muscles gradually; do not jerk or lunge to lift the load.



6

RELEASE AND STAND

When you have released the object, be sure to stand up slowly, keeping your head up and back straight, the same as when you were lifting the load. It also helps to stretch your back muscles gently after lifting.



DO'S

- Do use mechanical lifting equipment when needed.
- Do use Personal Protection and Back Support Equipment.
- Do ask someone to help you lift large, awkward or bulky items.
- Do stack your load carefully.
- Do practice the safe lifting techniques shown here.

DONT'S

- Don't try to move or carry unstable loads.
- Don't try to carry more than you know you're capable of.
- Don't stand on unstable surfaces like office chairs when lifting or moving.
- Don't lift an object above your shoulder height.
- Don't pull loads on hand trucks or carts—always push.



Osha Safe Lifting

Daniel Farb



Osha Safe Lifting:

OSHA Safe Lifting Daniel Farb, 2004-10 OSHA Safe Lifting teaches safe lifting techniques hints and exercises for lifting both people and objects so it is ideal for both industrial and healthcare settings It is also an excellent reference for any individual who needs to lift for home or work Coverage is thorough with numerous photos Estimated time 2 4 hours 172 pages on the CD 24 pages in the manual The manual accompanying the CD provides a summary of the major points of the CD in a handy format You must have Internet Explorer 4 0 or higher running on your computer Supported operating systems are Windows 95 98 98 SE ME 2000 or XP The CD is licensed to play once on any Windows computer the borrower may purchase the program after that One library reference activation is included in the price **Osha Safe Lifting** Daniel Farb, Daniel Farb, M.D., Bruce Gordon, 2003-12-01 OSHA Safe Lifting teaches safe lifting techniques hints and exercises for both people and objects so it is ideal for both industrial and healthcare settings **Osha Safe Lifting, 10 Users** Daniel Farb, Daniel Farb, M.D., Bruce Gordon, 2005-01-01 Introductory by comprehensive OSHA training for the managers and employees in a worker safety program Covering ergonomic lifting of objects in industrial settings and people in healthcare nursing and hospital settings Publications of the U.S. Department of Labor, Subject Listing United States. Department of Labor, 1970

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