

# 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. Walk or position, 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

Slowly lift the object into a comfortable carrying position. If you can't lift slowly, you can't lift safely. Do not bend 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. Do 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.

#### DON'T'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

**National Newspaper Association**

## **Osha Safe Lifting:**

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