

# Risk Control Bulletin

## Lifting — From Start to Finish

RISK CONTROL



Learning how to lift and carry loads the right way may be the best thing you can do to keep from being injured on the job or at home. No matter what your size or strength, knowing how to lift things right makes your job easier and safer.

### Plan Ahead

- Check your load. Is it heavy? Awkward to carry? Can you see around it? Is its weight evenly distributed and stable? Are there sharp edges or protruding nails?
- Check your route. Choose a flat, straight path that's clear of items that could make you trip or slip. Make sure the unloading area is clear.

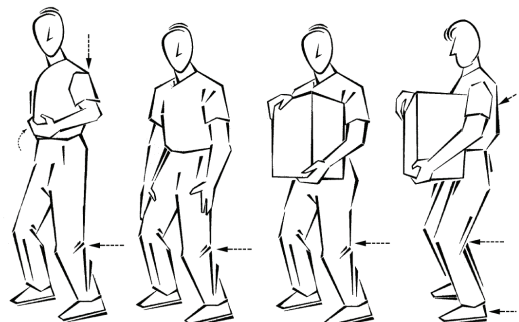
### How To Lift

- Stand close to the load with your feet apart for balance. If the load is small enough, keep it between your legs.
- Bend your knees and lower yourself into a squatting position while keeping your back upright.
- Grip the load firmly with your whole hand, not just your fingers.
- Tighten your stomach muscles and, keeping your back upright, straighten your legs. Pivot around your hip joint. Move slowly. Jerky motions strain muscles.
- Keep the load close to your body. Keep your elbows tucked in close to your body.
- Move slowly and carefully. If you have to turn, move with your feet, not your torso. Avoid twisting; keep your shoulders and feet facing forward at all times.
- Face the unloading area and bend your knees to bring the load down.
- Keep your fingers clear of the bottom of the object.

- Place the load down near your feet and push or slide it into place. How you put down the load is as important as how you pick it up.

### Helpful Hints

- Split large loads into smaller, easier-to-manage loads.
- Carry long loads on your shoulder with the front end high.
- When transferring objects, try to use a pallet or table so you are lifting at waist-height.
- Use a forklift, cart or hand truck or get someone to help you move a large or awkward load.



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