Job Task

Lifting

Hazard Review

Strains/overexertion

1. Before lifting the load, think of alternative means of moving it such as push, pull, roll, pour or pump.
2. Take a balanced stance, feet placed shoulder-width apart. When lifting something from the floor, squat close to the load.
3. Keep your back in its neutral or straight position. Tuck in your chin so your head and neck continue the straight back line.
4. Grip the object with your whole hand, rather than only with your fingers. Draw the object close to you, holding your elbows close to your body to keep the load and your body weight centered.
5. Lift by straightening your legs slowly. Let your leg muscles, not your back muscles, do the work. Tighten your stomach muscles to help support your back. Maintain your neutral back position as you lift.
6. Never twist when lifting. When you must turn with a load, turn your whole body, feet first.
7. Never carry a load that blocks your vision.
8. To set something down, use the same body mechanics designed for lifting.
9. Be sure your fingers are out of the way when putting the load down and when moving the load through tight spaces.
10. Work within your own strength parameters. Ask for help when you need it and use mechanical means wherever it's available.