



RISK REMINDER

September 2023

Name: _____ Company: _____

SAFE AND PROPER LIFTING

A large number of back injuries result from unsafe or improper lifting. Correct posture and knowing your personal lifting limits will more often than not prevent a serious and possibly debilitating back injury.



Correct Posture is achieved when your back is in alignment with your **ears, shoulders and hips**. If these three curves are not in balance, there is a greater likelihood of both back pain and injury.

When Lifting Remember To:

Tuck - Tighten stomach muscles and tuck pelvis to keep your back in balance.

Bend Knees - Bend at your knees! This centers balance and distributes weight.

Hug - Hold the object lifted as close to your body as possible. Gradually straighten to a standing position.

Always Avoid:

Bending At Waist - This is the easiest way to strain your back and cause damage to your spine.

Twisting - Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.

Being A Hero - If a load is just too large, heavy, or awkward to carry don't take unnecessary risk. Get a coworker to assist you or utilize material handling devices, such as a two-wheel dolly, hand cart, forklift, transmission jack, etc.



Tips to Remember when Lifting:

Make sure your footing is firm and the path of travel is clear.

Long and odd-sized objects, such as pipe, are better handled by supporting on your shoulder, keeping the front end higher than the rear.

Use a stepstool or ladder for reaching anything above shoulder level. Test the weight before removing from a shelf.

QUIZ: FILL IN THE BLANK

1. Always hold the object lifted as _____ to your body as possible.
2. Make sure your _____ is firm and the path of travel is _____.
3. Always keep your _____, shoulders and _____ in alignment when lifting.

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