35 YEARS MTRMA 1991-2026

MTRMA

RISK REMINDER

Mid-West Truckers Risk Management Association

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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.

Questions:

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.

For more information contact your Loss Prevention Consultant at 800-252-5059.