

Safe Manual Lifting

Have a Lifting Plan

- Size up the load (Weight, Shape, Size)
- Clear the path (know where your going)
- Final Placement

While Lifting the Load....

- Get close to the object
- Bend with hips and knees
- Lift with your legs
- Never twist while lifting

While Carrying the Load...

- Walk slowly and surely.
- Use your feet to change directions. Never twist your back.
- Avoid lifting a load over your head.
- If you become tired, set the load down, and rest for a few moments.
- Make sure you can see your feet
 - If not, have a spotter or adjust the load

While Setting the Load Down

- Position yourself where you want to set the load.
- Squat down. Let your legs do the work
- Do not to twist your body while setting down a load
- Once the load is where you want it, release your grip. Never release your grip on a load until it is secure.

Team Lifts

- Individuals approximately the same size
- Lift and move together
- Observer or leader to give orders to ensuring necessary coordination
- Recommended for loads over 50 lbs.

Lifting Bags

- Squat down next to the bag
- Grab it at opposite corners
- Lift it up to your thigh or waist first
- Stand up straight
- Put the load over your shoulder if possible



Shoveling

- Break digging tasks into segments no longer than 15 minutes mixed with non-digging tasks
- Alternate shoveling between left and right sides of the body.
- Reduce the throwing distance by placing wheelbarrows close to the digging area.
- Only lift as much dirt/snow as you're comfortable with
- Do not "jerk-lift" loads,
- Use a mechanical means of digging, such as a trencher or plow.
- Turn the whole body by moving the feet instead of twisting the torso
- Use long-handled tools to minimize torso bending.
- Use the "right" shovel for the job with the right handle



One-hand Loads

- Reach for the load
 - Bend at the knees & waist & keep back straight
- Grasp load firmly
- Lift with legs using free arm to balance
- Keep shoulders level
- Switch hands frequently

Lifting/Lowering Above The Head

- Test load weight by pushing on it. Check whether the load will shift when you lift it.
- Lighten load, if possible
- Stand on something sturdy with one foot in front of the other
- Stand as close as possible to the load
- Grasp object firmly, sliding it down your body
- Get help, if necessary

