NATIONAL **SAFETY** MONTH 07

Lifting Safety

Carry on with better lifting practices.

Improper lifting of heavy objects may seem like an obvious risk for back strain, but that's only part of the story. Repeated, improper lifting and carrying without proper precautions can also lead to overexertion, the number one cause of non-fatal workplace injuries.

Before inflicting damage on your entire body by pretending to be made of Kryptonite, think about the lost mobility, wages and health that can result from a lifting injury.

Lifting Risks
- Back strain, leading to chronic back pain, compressed disks, and nerve injuries
- Overexertion of heart and lung muscles
- Muscoskeletal damage through repeated improper lifting and carrying

Tips for Prevention
- Think before you lift. Estimate the weight of the object by tilting it up slowly. If it's hard to move, it's too heavy to lift by yourself. Get someone to help, or use a lifting aid.
- Keep the object you're lifting as close to your body as possible.
- Don't twist your back as you lift. Instead, move your feet to turn.
- Always lift with your legs, not your back. Your leg muscles are stronger than any other muscles in your body.
- Push, rather than pull, a heavy load.
- Get a handle on it – objects with handles are easier to lift and cause less back strain.
- If you have to carry something any distance, balance your load, plan your route to avoid obstacles, keep a firm footing, and don't let your load obscure your vision.
- Keep your back and abdominal muscles strong through regular exercise.
- If lifting is a regular part of your job, spend a few minutes every day before work on power warm-ups.
- Watch your weight. Extra pounds cause extra strain on your back.

Celebrating Safe Communities