

### Why talk about lifting?

Lifting heavy items is one of the leading causes of back injury. Lifting, handling, and carrying objects at work can result in musculoskeletal injuries including sprains and strains.

### What are some of the hazards associated with lifting?

- Weight of the load
- Size and shape of the load
- Poor handles or no handles for gripping a load
- Distance the load has to be carried
- How long a load must be carried
- Number and frequency of lifts complete
- Combining lifting with other variables such as ladders, stairs, and uneven terrain

### Let's discuss what could affect you:

- Has anyone experienced an injury caused as a result of lifting?
- Can you think of specific lifting tasks that may result in a risk of injury?
- Are there material handling tools available to reduce the risk of lifting?
- Does the object have to be lifted? Can PULSE be called to arrange pickup?
- How can lifting tasks be altered to minimize risk?



### How can I reduce the risk of an injury?

Here are some safety and injury prevention tips:

- Test the load before lifting. Do not attempt to lift a load that appears too heavy, bulky, or awkward.
- Use material handling equipment whenever possible.
- Consider two person lifts.
- Use handles.
- Ensure proper grip.
- Make sure the load is balanced.
- Keep the load close to your body.
- Avoid reaching, bending and twisting while lifting.
- Reduce the number of items being carried at one time.
- Ensure your view is unobstructed and you can see where you are going.
- Pace yourself and take breaks as needed.
- Secure a load before moving it.
- Stop and secure a load if it becomes unstable.
- Stay clear and do not try to catch an unsecured falling load.
- Wear footwear with appropriate traction.