

Back Safety- Safe Lifting

Before you lift something, ask yourself these questions:

- How heavy is the load?
- Will it be awkward to control?
- Should I ask for help?
- Can it be moved mechanically with available equipment?
- Is it in an accessible position?
- Does it have sharp edges?
- Will it be slippery or awkward to lift?
- Do I need gloves or other protection?
- Is the new location accessible and ready to accept the item?
- Is my pathway clear?
- Will I be able to see where I am going?
- Is there a safe way to grip the load?



Lift correctly:

- Your footing is a very important part of lifting. Your feet must be:
 - Close to the object.
 - Shoulder-width apart for good balance.
 - One foot slightly ahead of the other to help keep your center of gravity under control.
- Bend your knees and go down to a crouch—not to a full squat. Standing up from a full squat takes twice as much effort as standing from a crouch.
- Keep your back as straight and vertical as possible.
- Get a good, firm grip. Do not lift until your hold is strong and slip-proof.
- Lift by straightening your legs. Keep the load close to your body.
- If you have to change direction, do not twist your body; move your feet as you turn.
- When setting the load down:
 - Keep your back straight.
 - Bend your knees just as you did when you lifted the object.

Be extra careful if you have not lifted recently:

Muscles can weaken and tighten while you are away on weekends, vacations, or sick-days, so use extra caution when returning to work. Physical condition, muscle stretching, and toning are important steps before lifting begins each day.

Do not risk injuring your back; move the load mechanically or ask someone to help you.

Safety Brief

Back Safety– Safe Lifting

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Trainer’s Signature: _____

Class Participants:

Name: _____ Signature: _____

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