

## Proper Lifting

Most of us forget the importance of our backs for the enjoyment of a normal, happy, and successful life. However, the back contains one of the most critical muscle groups in the body, as well as the spinal cord and associated vertebrae and disks. Everyone working in the construction industry must lift materials to either put them into place or to expedite from one location to another. Back injuries are a cumulative type of injury; a lot of small injuries lead up to the big one. Therefore, it is important to remember the key elements of proper lifting.

### Preparing to Lift

Do you need help? Get help if needed (more people, lift equipment). Do you need to stretch before preparing to lift? Determine the load capacity. Determine your ability to handle the load. Wear safe shoes. Wear impact cut resistant gloves to protect your hands. Make sure you have a clear walkway.

### Making the Lift

Center the load between your legs or shoulders. Always bend with your legs. Keep your back straight. Lift with your legs (You can feel your leg muscles doing the work). Keep the load close to your body. (Hug the object you are lifting.)

### Moving the Load

Keep your back as vertical as possible. Keep the load close to you. Do not twist your body, instead move your feet. When lowering your load, bend with the knees and keep the back straight.

Remember to follow these basic rules of lifting and you will give your back a break rather than breaking your back. The only thing you will prove by lifting more than you should is that your back is a poor substitute for a forklift. Think before you lift. Use a mechanical advantage such as dollies, wagons, forklifts, or cranes as a first choice. Do not overexert yourself.

Thank you!

# Safety Meeting Sign-Off Sheet

Date: \_\_\_\_\_

Job Name: \_\_\_\_\_

Competent Person Name: \_\_\_\_\_

Competent Person Signature: \_\_\_\_\_

Topic: Proper Lifting

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