

# MCLB ALBANY SAFETYGRAM

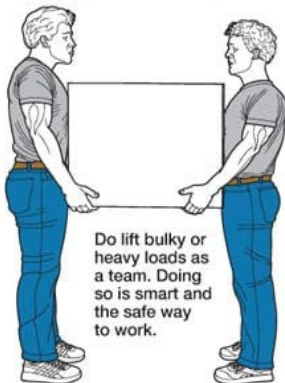
## WEIGHT HANDLING EQUIPMENT SAFETY

Lifting and carrying is one of the most common causes for back injuries. Back injuries account for one in five workplace injuries and 75% of workplace related back injuries occur during a lifting task. Every year, two million back injuries occur across the U.S. and roughly half of them are back injuries sustained in the workplace. Before you can safely lift heavy things, there are four stages to consider:

- (1) Preparing – Evaluate the lifting task and know how much you can safely lift. Ensure the load does not exceed it. Assess whether the object is too large or awkward to lift and carry safely.
- (2) Lifting – Never bend forward to lift a heavy object. Instead, you should squat, secure the load, and stand by straightening your legs while keeping your back straight or slightly arched.
- (3) Carrying – As you carry the load to its destination, maintain good ergonomics.
- (4) Setting Down – Setting down a heavy object is just as dangerous as picking it up. You will want to reverse the lifting process and follow the same ergonomic lifting principles.

## LIFTING DO'S & DON'TS

### DO LIFT AS A TEAM



Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.

### DO TURN WITH LEGS



Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

### DO USE YOUR LEGS

Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.



### DO USE EQUIPMENT

Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.



### DON'T LIFT BULKY LOADS ALONE



Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.

### DON'T TWIST WHEN LIFTING



Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.

### DON'T USE YOUR BACK

Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.



### DON'T LIFT HEAVY LOADS



Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.

For more information click: <https://www.osha.com/blog/proper-lifting-techniques>



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