

SAFE LIFTING

There are often times when you may have to move or carry boxes, bags. Remember, objects that are harmless when still can be dangerous when they're moving. You can injure yourself, coworkers if you don't move and carry objects with caution. You can lower the risk of these injuries by carrying loads correctly and thinking ahead.

Moving Objects Incorrectly Can Result In:

- Serious back injury.
- Loads falling on you or someone else.
- Striking someone or getting struck.

WHEN YOU CARRY OBJECTS:

- Determine whether the object is too heavy or awkward for you to control
- Remove obstacles from your path.
- Make sure you can see in front of you when carrying a load
- Maintain a good grip on the object, using your whole hand
- **KEEP THE LOAD CLOSE TO YOUR BODY**
- Turn your whole body when you look or turn to the side. Never twist your body while carrying an object
- Get help if you can't move the load without risking an injury

PUSH ~ Don't Pull

Avoid pulling an object you can PUSH. You're at a much higher risk of injuring yourself when you PULL a load. Plus, pushing gives you twice the power as pulling.

WHEN YOU PUSH:

- Tighten your stomach muscles, but remember to keep breathing.
- Bend your knees and elbows.
- Keep your elbows close to your body.
- Keep the load close to your body.
- Put one foot forward to balance yourself.
- Push off with your back leg.
- Take short, steady steps.
- Use your body weight, not your feet, to push the load.

Use Mechanical Aids

When you use mechanical aids such as carts and dollies, continue to use the same safety tips you would use without mechanical help.

- Push, don't pull.
- Use your legs rather than your upper body.
- Maintain your back's natural curves.
- Bend your knees.
- Clear your path before you begin.
- Keep a firm grip on the load or equipment.
- Stay close to the load.
- Plan ahead when moving loads up or down any inclines.

