



LIFTING

Potential Hazards

1. MSI
2. bruises
3. strain/sprain
4. falling object

Personal Protective Equipment Required

- | | | |
|-----------------|--------------------|-----------------|
| Hard hat | CSA Boots | Eye protection |
| Hand protection | Hearing protection | Skin protection |
| | Face protection | (clothing) |

PRELIMINARY ACTIVITIES

Where multiple trade activity is scheduled, the general contractor is to review in advance the priority of work and schedule the appropriate time frame to allow each trade to complete their scope of work. Prior to any work commencing supervisors must conduct a hazard assessment of all applicable work areas. Any hazards that are found during the hazard assessment must be addressed prior to any work commencing.

DO'S:

1. Keep your head up and your back straight and bend at your hips.
2. Bring the load as close to you as possible before lifting.
3. Lift with your legs, not your back.
4. Shift your feet to turn.
5. Keep the load directly in front of your body.
6. Try to perform lifts at waist height with your elbows in close to your body.
7. Limit lifting by hand. Use mechanical lifts or get help.
8. Stay fit to help avoid injury.
9. Push rather than pull.
10. Keep a good grip.
11. When lowering an object, try and keep the natural curve of your back.
12. Place the load on the edge (tailgate) and the object and your destination

DON'Ts:

1. Do not lift heavy loads (35 lbs or more) - get help.
2. Do not reach across something to lift a load.
3. Do not lift bulky or uneven loads.
4. Do not reach to the side or lift while twisting.
5. Do not lift above shoulder height.
6. Do not catch falling objects.

SAFE WORK PROCEDURE

The risk of back strain to employees, supervisors should ensure their employees use proper lifting procedures.

It is very important to stay healthy and prevent injury to your lower back when you are on the job. Good ergonomic design in the workplace is important, as are the rules for safe lifting and carrying. Always follow these rules, even for lifting light objects:

1. Assess the item to be lifted.
2. Ensure pathway to and from item is clear to avoid a tripping hazard. Also ensure that the area where item is to be placed is clear of obstacles.
3. Stand as close as possible to the item and place your feet apart for good balance.
4. Tighten your stomach muscles as the lift begins.
5. Bend your knees keeping your back straight, **DO NOT BEND YOUR BACK!!**
6. Test the lift. Grasp the item firmly and attempt to lift it. If the item cannot be lifted without causing discomfort, place item down and get help.
7. If you can safely perform the lift, straighten your legs, keeping your back as straight as possible. Lift smoothly and slowly.
8. Hold the object as close to your body as possible.



9. If you have to turn with the load, pivot with your feet. Do not twist your back while holding the item.
10. Short steps are better when carrying them. Ensure that your load is small enough so it will not obscure your visibility while transporting.
11. Set your item down, ensuring you bend your knees while lowering yourself, keeping your back as straight as possible. Be sure not to leave your hands under the item when placing it down.
12. It is easier to lift an item when it is sitting at waist height. If the item to be lifted can be raised mechanically to waist height, do so. (i.e. raising pallet up with forks)
13. Share the load with a partner when possible.
14. Get mechanical assistance for heavy loads.
15. In construction, some items may be in awkward positions and these particular procedures cannot be followed. Ensure that you minimize the amount of back strains it takes to maneuver these items to a position of easier lifting.
16. Know your own strengths and limitations. Use proper lifting, bending, and sitting techniques on the job to help reduce low-back injuries in the workplace.