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TOOLBOX TALK

SAFE LIFTING

Despite and maybe because lifting being a basic and common task in the workplace, it results in many injuries to the back and other parts of the body. This toolbox talk will address some simple principles for safe lifting.

Before You Lift

Plan your route

- Is the path clear?
- Are there trip hazards?
- Is the ground wet?

Assess the load

- Is it too heavy?
- Can you use a hand truck or forklift?
- Can you safely slide it?

When You Lift

- Lift it right
 - Position your body close to the object and keep your back straight
- Move it right
 - Don't twist your back
- Lower it right
 - When you put the load down, bend your knees, not your back



Lift with your knees.

When Lifting, Do...

1. Bend and use your knees
2. Get a good hand hold
3. Center yourself over the load
4. Lift straight up and let your legs do the work
5. Don't twist or turn
6. Have a clear path
7. Set the load down properly (don't drop it!)
8. Use a push cart or dolly
9. Get help for heavy loads or long paths
10. Split up heavy loads when possible
11. Pushing is easier on the back and easier to control

When Lifting, Do Not...

1. Place yourself in awkward positions with the load
2. Attempt lifting something that is too heavy by yourself
3. Twist your back (this could damage the discs, muscles, and tendons in your back)

Back Injury Factors

- Age of the employee
- Improper posture while sleeping, standing, or sitting
- Physical conditions of the employee
- Repetitive motions

**FACILITIES
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SAFETY & RISK**

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