



SAFETY FIRST

Lifting and Carrying Safely – The manual handling of materials accounts for approximately 25 percent of all occupational injuries. And work-related lower back injuries occur at the rate of about two million per year.

When lifting and carrying heavy object, follow these safety tips:

- Make sure that your hands are free of oil and grease.
- Size up the load. Estimate the weight, size and shape. If the load is too much to handle, GET HELP.
- Stand close to the object, keeping your feet 8 to 12 inches apart for good balance.
- Bend the knees to a comfortable position and get a good handhold.
- Using both leg and back muscles and keeping your back straight, lift the load straight up. Move smoothly and easily, pushing with the legs and keeping the load close to your body. Avoid sudden jerks.
- Lift the load to carrying position while holding the object close to your trunk. Try to carry equal weight in both arms.
- Never twist or turn while lifting or carrying heavy objects.
- To turn the body, change foot position and check to see that your path is clear before moving.
- To set the load down, bend the knees, using leg and back muscles. When the load is securely positioned, release it.