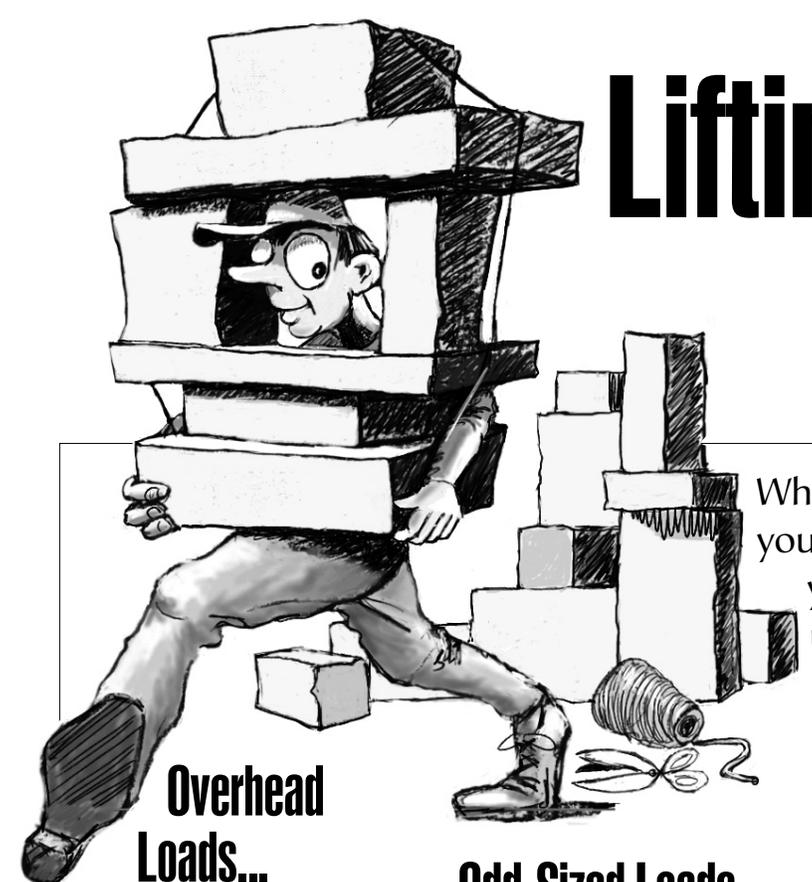


Lifting Awkward Loads

When the standard safe lift—bending your knees, hugging the load, letting your legs do the work—can't be used, follow these guidelines.



Overhead Loads...

- ◆ Use a stool or ladder to avoid over-reaching.
- ◆ Test the weight, then slide the object toward you and hug it close as you descend.
- ◆ Try to keep at least one hand on the ladder.
- ◆ Use leveraging as much as possible.
- ◆ If possible, hand it to a coworker before descending the ladder or stool.

Odd-Sized Loads...

- ◆ Carry long, light objects such as pipes or lumber on your shoulder, with the front end higher than the rear.
- ◆ Get a helper for long, heavy loads. Each of you should shoulder it on the same side and walk in step.
- ◆ For large loads that block your vision, get mechanical help, or ask a coworker for help, even if the load is light.

Reaching Into a Bin

(or other storage area)...

- ◆ Stand with feet at shoulder distance apart.
- ◆ Slightly bend your knees.
- ◆ Start to squat, bending your hips and knees, not your waist.
- ◆ Slide the load as close to your body as you can.
- ◆ Tighten your abdominal muscles.
- ◆ Raise yourself using your leg and hip muscles.
- ◆ If possible, brace your knees against the side of the container for additional support.
- ◆ Get help if the load is more than moderately heavy.

Don't take chances with your back. When in doubt, get help.

Lifting Basics

Safe lifting can save you from serious injury.

Think Before You Lift

? Do you have firm footing and a clear path?
? Is it safe to lift it alone?

Ask a coworker for help or get mechanical help if a load is heavy or awkward.

Lifting the Load:



1. Tuck your pelvis

...by tightening your stomach muscles, to keep your back aligned. Keep your feet shoulder-width apart.



2. Bend your knees

...to let your legs do the lifting. Be sure to maintain the natural curve of your back.



3. Hug the load

...to keep under it as much as possible. Be sure to grasp the load at opposite corners.



4. Avoid twisting

...by pointing your feet, knees and chest in the same direction. Lift the object and then turn your whole body.

Putting It Down: Use the same technique in reverse.

LIFTING & MOVING MATERIAL