

**Lifting Safety At Work**

**5 Minute Safety Topic**

One of the more common problems found at work is not knowing the right way to lift something. Though it may sound like something that everyone should know, there are still questions about how to lift something safely and properly to avoid back injury at work. One of the worst things to do is lift something the wrong way as the repercussions are not likely to be happy. A young worker may make the mistake of misjudging the weight of a particular box after being asked to move it from a storage area to the front office. Being a fit young person, they may just walk right over and snatch the box up as though it were empty, but what if it turned out this box weighed almost a hundred pounds? Because they were not prepared to lift that much weight correctly, they may incur an injury that does not seem to be of consequence at the time but ends up becoming a problem for decades to come. Lifting something incorrectly can cause more than just back problems, problems with breathing may result and sometimes joints, ligaments, and bones can be injured or broken in other places of the body. The legs, arms, and chest can be injured as well as the back when lifting safety rules are ignored.

**Use proper lift procedures . . . Follow these steps when lifting . . .**

- ✓ Take a balanced stance, feet shoulder-width apart
- ✓ Squat down to lift, get as close as you can.
- ✓ Get a secure grip, hug the load.
- ✓ Lift gradually using your legs, keep the object close to you, keep back and neck straight.
- ✓ Once standing, change directions by pointing your feet and turn your whole body. Avoid twisting at your waist.
- ✓ To put load down, use these guidelines in reverse

