

Lifting Safety Prevent Back Injuries

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The leading types of injuries in the workplace are sprains and strains of the lower back. Lifting or moving equipment or materials, if done incorrectly, increases the potential for an injury. The basic steps listed below will help reduce the possibility of an injury.

1. Set feet solidly on the ground, slightly apart, creating a good base to begin lifting.
2. Crouch down as close to the load as possible with legs bent, back straight and chin tucked in.
3. Lift with the load held close to your body using only arm and leg muscles, not your back.
4. Keep back straight throughout the lift.
5. Do not twist while lifting.



Inspect work areas. Wet or slippery floors, poor conditions and improperly maintained stairs or walking surfaces increase the chances of an injury. Inspect the route over which an object is to be carried and correct any defects before beginning the lift.

When moving items, grasp the load firmly. Inspect for sharp edges or slivers before grasping. Do not jerk the load, keep it close to your body. Lifting with your legs is the best method.

Make sure adequate help is available to move heavy or awkward items. No one should try to move heavy objects by themselves. Getting assistance takes very little extra time and can eliminate the threat of a serious injury. Never attempt to lift a load or object unless you are sure it is within your lifting capacity to do so.

Ensure your path is clear before attempting to move or transport any object. Never attempt to carry a load that obstructs your line of vision in front or to the side of you. Get assistance.

Use lifting or transport devices whenever possible. Lifting capabilities vary by individual; potential for injury increases as the weight of the object to be moved increases.

Before unpacking a box or crate, place it on a stable flat surface, approximately mid-torso height, to avoid unnecessary bending and straining.

**BE SURE TO USE
PROPER LIFTING TECHNIQUES**