



LIFTING & CARRYING SAFE WORK PRACTICES

REVISED SEPTEMBER 18 2014

(OH&S PART 2 (7) & (9), PART 14)

A. BODY MECHANICS

The human body is designed to operate in a wide range of motions with limited force required. When the amount of force is increased (Lifting a heavy load), then the demand on the body is increased as well. With this increase it is important that the body be in a proper posture/position to evenly distribute the stress on the body. When the posture is broken a great deal of stress will be placed on the weakest spot, causing an injury to occur.

B. BASIC LIFTING PROCEDURE

1. PLAN YOUR MOVE AND ASK QUESTIONS

- ✓ Is the way clear to where I need to go?
- ✓ Should I be getting help from one or more persons (30-40 lbs max/person) (check weight/frequency chart)
- ✓ Are all those helping of approximate the same physical capability?
- ✓ Should I be using a lifting device?
- ✓ When I pick it up will I be able to see past it?
- ✓ Can it be dismantled for ease of carrying especially if it is awkward?
- ✓ Do everything to minimize risk of injury and do a field level HAA.

2. LIFTING STEPS

- ✓ Come close to the load.
- ✓ Center yourself with your feet shoulder width apart.
- ✓ Tighten you abdominal muscles.
- ✓ Get a good grasp on the load with both hands.
- ✓ Keeping your back straight & knees bent .
- ✓ Use your leg muscles to lift the load off the floor.

3. SAFE CARRYING

- ✓ Do not twist your body when moving the load.
- ✓ Take small steps with your feet turning until you are in the correct position to unload..
- ✓ Lower material
- ✓ Use the same lifting steps but in reverse.
- ✓ Avoid reaching out to carry or lift keep close to body.

C. TWO OR MORE PERSON LIFT

- ✓ All persons should be about the same height and physical capability.
- ✓ One person takes charge of the lift, so that you are working together not against each other.



- ✓ Lift together, walk in step and lower the load together. COMMUNICATE.
- ✓ All persons should be facing the direction they are moving in if possible.

D. GOLFER'S LIFT

- ✓ Use the golfer's lift to pick up light, small loads when you can't bend your knees or get close to the object. eg. Objects from the bottom of a container.
- ✓ Swing one leg straight out behind you.
- ✓ Keep your back straight while your body leans forward.
- ✓ To help support your body, place one hand on your knee or on a nearby solid object.

E. WHEN YOU MUST GET HELP?

- ✓ When the load is too heavy or awkward. (check weight/frequency chart)
- ✓ When you are attempting to carry dangerous loads (example: glass)
- ✓ When you can't see where you are going.
- ✓ When it is too big.