

Heavy Lifting

Lifting heavy objects is a major cause of workplace injuries. Heavy burdens can strain muscles and put significant pressure on the spine and discs. Therefore, it's crucial for employees to follow safe lifting techniques.

It can **hurt you**
in more ways than
you realise.

Sprains and strains from lifting and handling objects, working in awkward positions and performing repetitive tasks are some of the major causes of injury in the workplace.

They can cause muscle damage, sqashed nerves, back injuries and even permanent spinal damage.

Next time you are going to do any of these things use your smarts.



↑ HOW TO LIFT SAFELY

GET READY

- Wear sturdy shoes and work gloves
- Test the load for weight and stability
- Get help with heavy or awkward loads



1 Grasp with both hands. Keep the item stable.

2 Slide or pull the load toward your stomach, tightening the muscles as you get ready to lift.



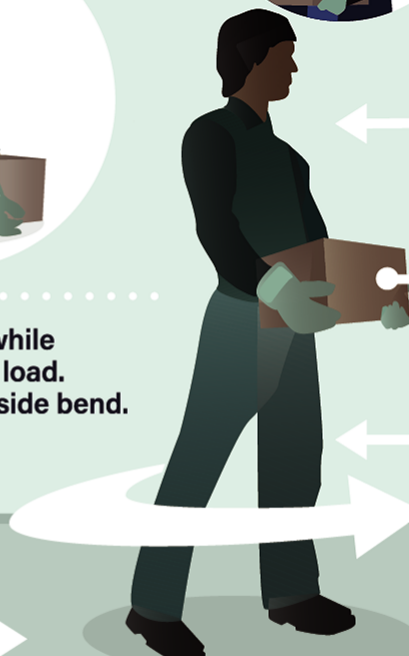
3 Bend your knees if you must reach or place low-level objects.



4 Lift the load as close to your body as possible.

5 Hold the load between shoulder and knee height, keeping the back straight.


6 Step or pivot while moving with a load. Don't twist or side bend.



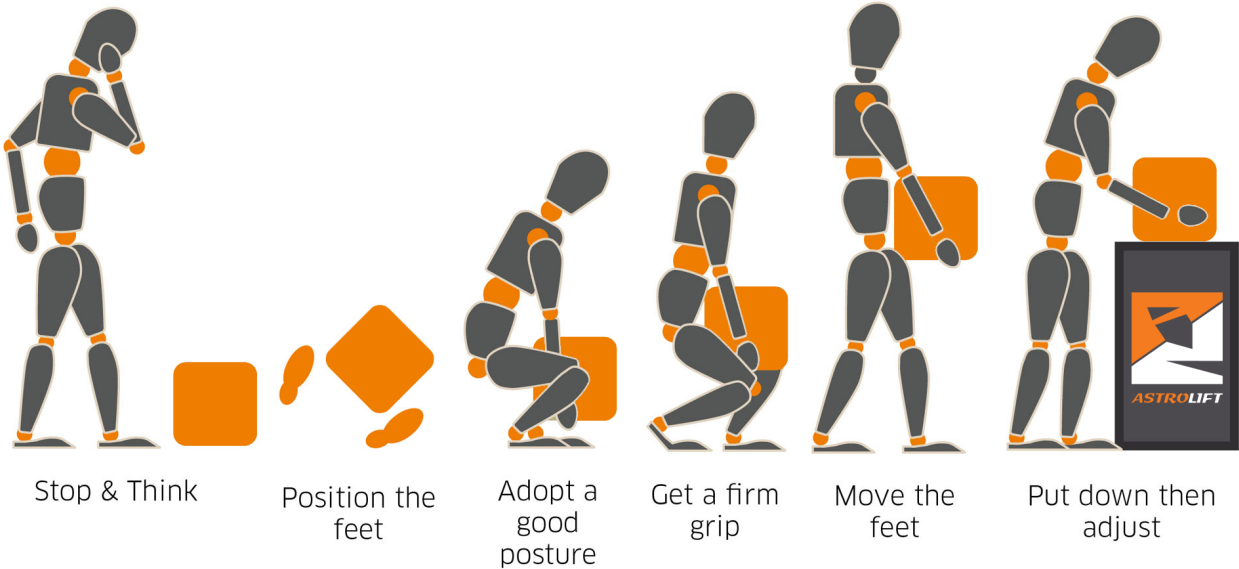
LIFTING DO'S & DON'TS

<p>DO LIFT AS A TEAM</p>  <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p>DO TURN WITH LEGS</p>  <p>Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.</p>	<p>DO USE YOUR LEGS</p> <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p> 	<p>DO USE EQUIPMENT</p> <p>Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p> 
<p>DON'T LIFT BULKY LOADS ALONE</p>  <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p>	<p>DON'T TWIST WHEN LIFTING</p>  <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p>	<p>DON'T USE YOUR BACK</p> <p>Don't lift the load with your rear end high and your load low. Use your leg muscles, not your weaker low back muscles.</p> 	<p>DON'T LIFT HEAVY LOADS</p>  <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p>

PROPER LIFTING TECHNIQUE



The diagram illustrates two methods of lifting a box. The top method, marked with a green checkmark, shows a person squatting down to pick up a box, lifting it with their legs, and standing upright with the box held close to their body. The bottom method, marked with a red X, shows a person bending over at the waist to pick up a box, which is an unsafe technique.



THE BACKSAFE 7 DON'TS

SLASH THE RISK OF SUFFERING BACK, NECK, SHOULDER & OTHER JOINT INJURIES BY 80-90%



For advice on correct lifting techniques contact your safety coordinator.
 Backsafe PO Box 209 Fairfield VIC 3078 TEL: 1300 022 257 EMAIL: info@backsafe.com.au



REPETITIVE MOTION



INJURIES

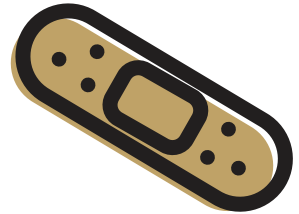


REPETITIVE MOTION INJURIES:

Injuries caused by performing the same motion over and over. These conditions are due to overuse, without adequate recovery. Low back strain due to repeated lifting, especially with poor technique, is an example.
- Suzanne Tanner, M.D. (Mayo Clinic)

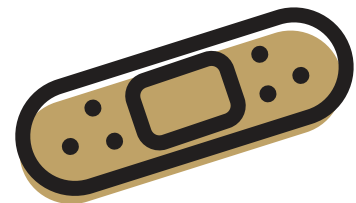
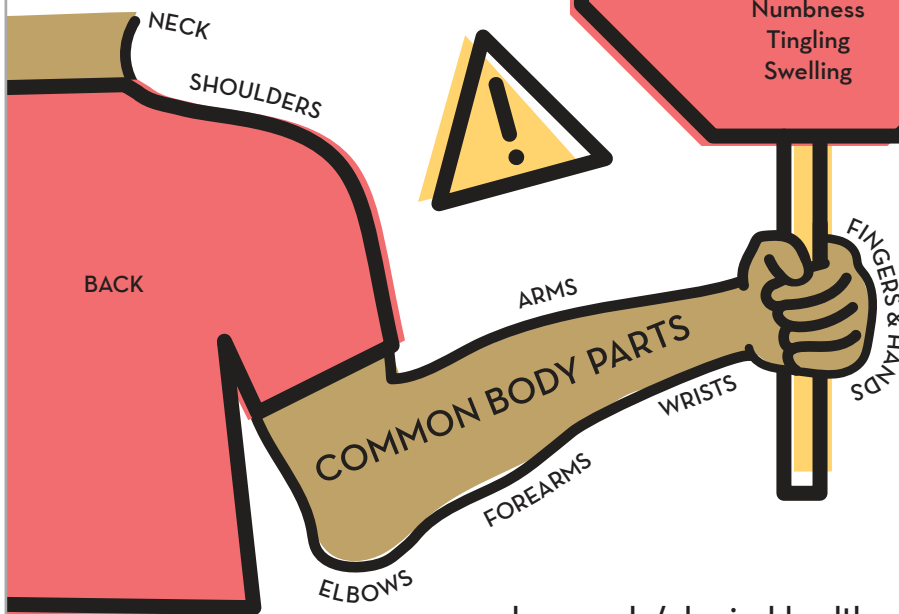
PREVENTION METHODS:

- ◆ Engage abdominal muscles in the core and stomach frequently to prevent back pain
- ◆ Stretch before beginning work
- ◆ Work at a comfortable height
- ◆ Avoid bending over frequently
- ◆ Push/pull rather than lift
- ◆ Don't stay in one position too long
- ◆ Bend knees while lifting



CAUSES:

- Poor posture
- Hot, cold or wet conditions
- Fatigue
- Long shifts



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