

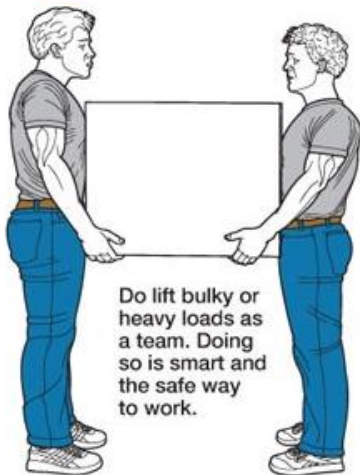
# Safe Lifting and Carrying

Updated on 9/25/17

# Do's for lifting:

- Position your feet with one next to the load and one behind it.
- Squat at the knees with your back straight and your head forward.
- Grip and hug the load using your full palms and keeping your elbows and arms close to your body.
- Lift straight up, pushing with your legs and maintaining your back's position.
- Set the load down by slowly bending your knees and letting your legs to the work. Don't let go until it's on the ground.

## **DO** LIFT AS A TEAM



Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.

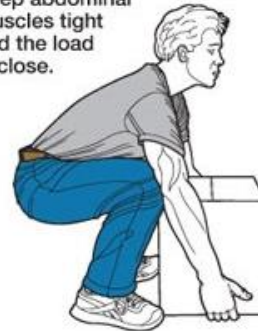
## **DO** TURN WITH LEGS



Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

## **DO** USE YOUR LEGS

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.



## **DO** USE EQUIPMENT

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.



# Don'ts for lifting:

- *Don't* lift beyond your strength!
- *Never* twist your body while lifting or carrying. If you must turn, point your feet in that direction first.

## **DON'T** LIFT BULKY LOADS ALONE



Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.

## **DON'T** TWIST WHEN LIFTING



Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.

## **DON'T** USE YOUR BACK

Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.



## **DON'T** LIFT HEAVY LOADS

Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.



## Power zone

The power zone for lifting is close to the body, between mid-thigh and mid-chest height. Comparable to the strike zone in baseball, this zone is where arms and back can lift the most with the least amount of effort.





# How much weight is it safe to lift?

As a basic starting point, one person should be able to lift an object weighing up to 51 pounds:

- If the object is within 7 inches from the front of his or her body.
- If the object is at waist height *and* directly in front of the person.
- If there is no twisting involved.
- If there is a handle on the object.
- If the load inside doesn't shift once lifted.

If *any* of the conditions listed above is not met, then the load would be considered "unsafe," and modifications must be made to make it a "safe" lift.

- In order to make it a safe lift:
- The weight of the load must be decreased, or
- It needs to be a "two-person" lift, or
- Mechanical assistance must be used (dolly, cart, lift, etc.).

# Weights of common products:

- 5 gallon bucket of paint = 56lbs
- 1 -4'x12' sheet of drywall = 76.8lbs
- 1 bundle of shingles = 80lbs
- 1 -4'x8' sheet of AdvanTech = 85lbs
- LSL joists – 6.5lbs plf  $\approx$  136lbs