

MANUAL LIFTING

1. Task

Manual Lifting.

2. Hazards

Overexertion, strain–sprain (muscular-skeletal injuries).

3. Controls

Pre-Job Safety Assessment (PSA). Proper lifting technique, physical conditioning, mechanical aids.

- ❖ Know what your lifting capacity is and do not attempt lifts greater than this manually. If a greater weight is to be lifted, use mechanical aids or obtain help.
- ❖ Exercise regularly to maintain fitness of back support muscles, and warm up before attempting heavy lifts.
- ❖ Stretching before the lifting is helpful.
- ❖ Check the path of travel to determine shortest route clear of obstructions and trip hazards.
- ❖ If lifting aids are available, use them. (Pump trucks, dollies, carts, grip aids.)

Basic Lifting Technique (single person):

- ❖ Assess the load and determine if it is within your capacity, and the optimum grip points.
- ❖ Place your feet slightly offset, close to the object.
- ❖ Bend at the knees, keeping your back as near to vertical as possible until you can reach the grip points.
- ❖ Tilt your pelvis slightly towards the load.
- ❖ Grip the load and lift slightly to check capacity and grip.
- ❖ If all is OK, stand up using your leg muscles, keeping your back near vertical.
- ❖ Truck load in close to your body with arms slightly bent.
- ❖ To turn while walking with a heavy load, use your feet to turn the whole body, **DO NOT TWIST YOUR BACK WHEN TURNING!**
- ❖ To set down the load, bend at the knees, keep your back near vertical, maintain a slight pelvic tilt.
- ❖ After the load is set down, do not trap your fingers and/or toes, do not over-reach or over-stretch and stretch your back, legs and arms to restore elasticity.

Carrying Long Loads with 2 or more persons:

- ❖ Follow basic lifting technique to lift load.
- ❖ When walking, workers should walk “out-of-step” with each other, this will reduce flexing along the length of the load.