

Safe Lifting - Easy as 1-2-3

Posted in: Back Care, Material Handling

Lifting is a part of many jobs. So much so that we sometimes don't question what we are lifting or how we are 'getting the job done'.

Unfortunately, many injuries occur when we fail to be mindful of the work at hand.

It's important to recognize that safe lifting has as much to do about personal awareness on the job as it does physical strength. Remember, lots of strong workers injure their back every day.



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This article was written by ErgoRisk

The following is a tool to identify safe lifting tasks and recognize tasks that could be improved.

Ask yourself the following three questions to identify lifting tasks that require extra caution:	Yes ... Safe	No ... At Risk
1. Is this lifting task a regular part of my job? <ul style="list-style-type: none"> If you don't lift frequently, make sure you have a plan and that your muscles are warmed up. 		
2. Does the lift start and end above knee height? <ul style="list-style-type: none"> Be aware of the position for both the start and end of the lift before beginning. Reaching to the ground requires substantial hip flexibility to maintain a neutral (3-curve) spine with a Squat Lift. If you can't maintain a 3-curve spine, try to tip the load to raise your grip. 		
3. Is the load less than 40 pounds? <ul style="list-style-type: none"> Research gives us some good guidelines on what is safe for the 'average' person to lift or carry. The risk of injury increases as the load gets heavier or the load is moved away from our body. 		