

# **SafetyToolboxTalks**

**www.safetytoolboxtalks.com**

## **Lifting Safely - Awkward Loads**

Each day in some form or fashion you do lifting in this facility and at home. Lifting safely is one the most important things you can do to protect your back throughout your lifetime. Some items it's pretty straight-forward how to handle them. However, many people get injured trying to hand the awkward shaped, awkward sized or awkwardly weighted objects. Here are some pointers for dealing with those:

### **Use Two-Person Lifts for Large or Awkward Loads**

For a safe, correct, two-person lift:

- Work with a person about your height.
- Decide in advance which person will direct the move.
- Keeping knees bent and back straight, lift and raise the load together.
- Move smoothly together as you carry, keeping the load at the same level.
- Unload at the same time, keeping knees bent.

### **Grip Properly to Lift Objects With Awkward Shapes**

- Squat next to the object, with your feet spread shoulder width apart.
- Grip the object at the top outside corner and the bottom inside corner.
- Lift properly and slowly, with knees bent and back straight.

### **Get in Position to Lift from a Hard-to-Get-At Location**

- Stand as close as possible to the object.
- Bend forward slightly at the hips, and push your buttocks out behind you.
- Bend your knees, keeping your back straight and stomach muscles tight.
- Grip the object firmly.
- Lift so your leg, stomach, and buttock muscles do the work—not your back.