

# **SafetyToolboxTalks**

**www.safetytoolboxtalks.com**

## **The "Dos" of Lifting**

Is lifting part of your job routine? If so, then everyday you risk injury from strains, sprains, hernias, cuts, and bruises. Let's review the dos of lifting.

Before you begin, know the right way to do the job.

Check with your supervisor or co-worker if you have any questions about moving a load.

Always size up the load.

Get help for heavy or bulky objects. Inspect your path of travel.

Be aware of stairs and tripping or slipping hazards.

Choose the safest route.

Be sure of a safe, firm grip.

Check for sharp edges.

If the load is wet or slippery, wipe it off.

Lift with your legs, not your back.

Squat down close to the load; keep your back straight; lift slowly with leg power.

Use material handling equipment whenever possible. When properly used it can save a lot of manual effort.