



Lifting, Carrying and Transporting Heavy Loads

In almost any job function, injuries caused by repetitive motions, poor lifting and unsafe handling practices are some of the most common. The following safety tips provide helpful ergonomic guidelines for lifting any size load.

Pre-lift:

- Consider the weight of the load being lifted and whether or not you will need assistance from a person or a machine.
 - Consider whether the size or shape of the load creates additional challenges.
 - Determine if you will have to turn or change direction while carrying the load.
 - Find out if the route you will take with the load is clear of obstructions and slip, trip or fall hazards.
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Lifting from Ground Level:

- Get as close as possible to the load.
 - Bend from the knees, not the back.
 - Get a good grip on the object and test its weight.
 - Keep the load close to your body, and lift using your legs.
 - Be aware of your balance.
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Lifting from Overhead:

- Stand on a stable surface.
 - Take the object off the shelf or support carefully, maintaining your balance.
 - Bring the load down to waist level while maintaining control.
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Lifting from Counter Height:

- Pull the load close to your body and test its weight before lifting.
 - Shift the weight of the load to your legs by keeping it close.
 - Avoid reaching and lifting at the same time.
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Carrying:

- Look ahead instead of down to make sure your path is clear.
 - Avoid stairs if possible, but if unavoidable, use the banister or wall to help maintain your balance.
 - Have someone else open doors, gates or other closed entries for you.
 - Change direction by moving your feet, not your hips.
 - Keep shoulders, hips and feet aligned – do not twist at the waist.
 - Set the load down if it becomes too heavy or unstable.
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Moving Carts and Hanging Loads:

- Remember to push, not pull, whenever possible.
- Position the load so that your legs supply the force.
- Use hands and arms to control the load.

- Keep hands and fingers inside the load whenever possible.
 - Watch for pinch or shear points on carts, dollies and hoists.
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Setting Loads Down:

- Bend your knees, not your waist.
 - Set down the corner or edge of the object closest to you first, keeping your fingers out from under the load.
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