7 MINUTE Safety Trainer

Avoid Back Pain by Safe Lifting

HANDOUT 901

B-1

Techniques for Awkward Lifts

Try to avoid lifting objects to a high shelf, but if you must do it:

- **Climb** on a platform or step stool so your shoulders are as high as the shelf on which the object will be placed.
- **Lift** the load in several segments if possible.
- **Place** the step stool as close as possible to the shelf so you can keep the load close to your body before you place it on the shelf.

Try to avoid lowering objects from a high place, but if you must do it ...

- **Stand** on a platform or step stool instead of a ladder.
- **Lift** the load in several segments if possible.
- **Push** up on the load to see how heavy and stable it is.
- **Slide** the load as close to yourself as possible before lifting.
- **Grip** the item firmly and slide it into your arms.
- **Get** help when you need it to avoid injury.

Lifting from hard-to-get-at place:

- **Get** as close to the load as possible.
- **Keep** back straight and stomach muscles tight.
- **Push** buttocks out behind you.
- **Bend** your knees.
- **Use** leg, stomach, and buttock muscles to lift—not your back.

Drums, barrels, and cylinders present special problems:

- If too heavy to lift comfortably, get help or use a special mechanical device.
- **Caution:** These loads can shift suddenly.

Awkward object:

- **Bend** your knees with feet spread.
- **Plan** the best way to grip the object securely before you lift.
- **Use** your legs to lift, keeping your back straight.

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