

Manual Lifting Tips

- Make sure to include the lifting as a hazard on the JHA
- Use mechanical advantage if available
- Keep your back straight
- Tighten your abs
- Lift by driving your feet down, through the ground
- Do not look up, or turn your head while lifting or carrying
- Maintain a neutral spine
- Do not lift objects that weigh more than 50 pounds without assistance
- When lifting an object, NEVER jerk it off of the ground, always lift slowly and smoothly
- Never twist your upper body while carrying a heavy load
- If you know that the day's job involves heavy lifting, make sure to loosen up

IN CASE OF INJURY

1. ALWAYS inform your supervisor of any injury
2. Seek proper medical attention if needed
3. Apply R.I.C.E. as needed to control pain and swelling
 - a. REST
 - b. ICE
 - c. COMPRESSION
 - d. ELEVATION

\$42,000

Average total loss to a business of a work related injury in 2019 per the National Safety Council



Preventing Muscular Injuries

Anything over 50 pounds requires assistance. . .

“Lift with your legs, NOT your back!” How many times have we all heard this? To an extent, this is good advice. You should be driving with your legs; but you should also be tightening your abs and keeping your back straight. Lifting heavy objects is part of the study of ergonomics, an often overlooked topic in the industrial work place.

OSHA considers heavy lifting to be anything over 50 pounds. Most people in the industrial work setting have no problem lifting this amount of weight for short periods of time, which is a problem because it lends a false sense of security leading employees to think they can handle heavier objects than they should. Manual lifting accounts for almost 33% of all work place related injuries.

So, what are some of the common injuries, and how can you prevent them?

Pulled muscles – over stretching of muscle fibers. This occurs when force is suddenly applied to a muscle, especially a muscle that is already under tension. Causes can include: carrying a load and suddenly losing your footing, jumping (or landing), running, throwing, jerking a heavy object, and lifting while in an awkward position.

Joint Sprains & Strains – this is similar to pulling a muscle, but involves the tendons and ligaments that make up the connecting

tissues across or to a joint. These tissues are much more dense, and much less elastic than muscle fibers. Therefore it takes longer for them to heal.

Spinal Injuries – The spine is the transmission of the body. It's what allows force to be applied to an object (lifting, carrying, walking, everyday activities). When the spine is not properly braced or protected when lifting heavy objects, the discs can bulge out of the spinal column, nerves can be pinched, and pieces of the vertebrae can fracture.

Broken Bones – many times, broken bones are a secondary injury due to a pulled muscle or sprain/strain. The sudden pain of a pulled muscle can cause you to drop an object, possibly on your foot. Or, you can lose your footing causing you to fall.

How can you prevent these injuries? ALWAYS use help. Either another person, or equipment designed for lifting such as hand trucks, fork lifts, chain falls, jacks, and lifting clamps.

Remember, anything that is over 50 pounds, or heavier than you can safely handle, use an appropriate lifting device, or ask for help!

Contact Safe Workforce today for your safety and training needs!