

# TOOLBOX SAFETY MEETING

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## Safe Lifting Practices

In the construction industry, 25% of injuries are back injuries. More than half of these back-related injuries are caused by bodily reaction and exertion from lifting, lowering, carrying, pushing and pulling materials. **Protect yourself by following safe lifting techniques.**

### Before Lifting:

- Assess the object you are lifting. Get help if needed – do not attempt to lift the load if it is too heavy or awkward.
- Make sure that the weight of the load is balanced and will not move around during transportation.
- Ensure that floors are dry and clear of any hazards.
- Avoid walking on uneven surfaces.

### When Lifting, Carrying and Lowering:

- Stand close to the object and put yourself in the best position for the lift—avoid reaching, bending or twisting.
- Stand with your feet shoulder-width apart, with one foot slightly ahead of the other.
- Squat down next to the object by bending at the knees.
- Grip the object with both hands.
- Tighten your stomach muscles as you begin to lift to provide back support.
- Lift with your legs, not with your back.
- Lift as smoothly as possible—do not “jerk” the lift.
- While carrying, do not twist or bend at the waist.
- To change direction, shift your foot position and turn your whole body.
- Keep the object as close to your body as possible.
- Bend at your knees to put the object down.



Using proper lifting techniques can help prevent downtime due to avoidable back injuries. With a little practice, precautionary methods such as these can become good daily habits that could help prevent back injuries both on and off the job.

*The safety information provided in this Toolbox Talk is for informational purposes and should not be considered a complete resource on this topic, nor does it supersede any applicable local, state or federal statutes or regulations. The material contained has been compiled from sources believed to be accurate. Tradesmen International assumes no responsibility for the accuracy of this information and encourages expert consultation on this topic for more information.*

Employee Name: \_\_\_\_\_

Location: \_\_\_\_\_

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_