

LIFTING & HANDLING

IMPROPER HANDLING AND LIFTING OF HEAVY OR BULKY OBJECTS ARE A MAJOR SOURCE OF BACK INJURIES. THESE INJURIES CAN AFFECT YOUR QUALITY OF LIFE FOR WEEKS, MONTHS, OR EVEN YEARS, PREVENTING YOU FROM WORKING OR DOING MANY THINGS YOU ENJOY. MOST LIFTING INJURIES ARE PREVENTABLE.

- **WHAT TO DO BEFORE CONDUCTING A LIFT**
- **PROPER LIFTING TECHNIQUES**
- **WAYS TO REDUCE INJURIES FROM LIFTING AND HANDLING**



BC Forest Safety

Safety is **good** business

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WHAT TO DO BEFORE CONDUCTING A LIFT:

Plan Ahead

Know what you are lifting and how you will lift it. Be aware of the weight of the object. Determine whether it is safe to lift on your own. Make sure the work area is flat, dry, and clear of debris.

Check Your Pathway

Make sure the lift pathway is clear. Remove any tripping hazards or debris. Check for any wet or slick surfaces.

Use Ergonomic Equipment

Use lift assists, forklift, dolly, cart, hand truck or hoist when available. Make sure you are trained before using the equipment.

Get Help When Needed

When lifting awkward or heavy loads, utilize two people or use mechanical lifting devices. Make sure you lift at the same time and keep the load level when lifting with others.

Wear Proper PPE

Wear proper required protective shoes and gloves.

PROPER LIFTING TECHNIQUES:

- 1) Get close to the object.
- 2) Bend at your hips and knees. Get a good grip.
- 3) Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.
- 4) Pivot with your feet instead of twisting your back.

WAYS TO REDUCE INJURIES FROM LIFTING AND HANDLING:

- Assess whether you will need help from another person or a mechanical aid, such as a dolly, forklift, or hoist.
- Get close to the object.
- Bend at your hips and knees.
- Get a good grip.
- Lift smoothly and slowly, keeping the object close to your body.
- Pivot with your feet instead of twisting your back.
- Be sure you can see where you are going when carrying large items.
- When storing items, organize them by weight, with heavier, more frequently used items between knee and chest levels to minimize bending or reaching.
- Whenever possible, work with your arms at your sides and close to your body.

Always get help from others if you need it and/or use mechanical devices.

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