

# ERGONOMICS & LIFTING

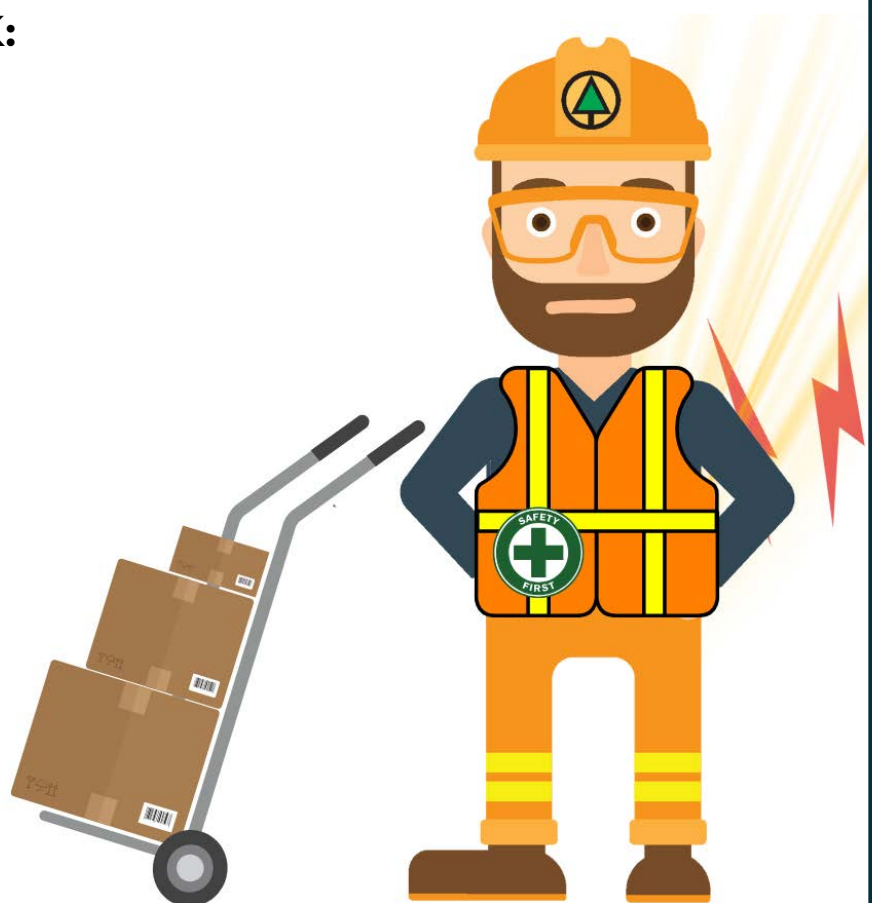
Understanding ergonomics and safe lifting techniques is the best way to prevent musculoskeletal injuries (MSI) injuries.

Certain tasks involve repetitive motions that can lead to MSIs such as lifting heavy objects, especially with incorrect posture. This can place significant strain on the lower back, ligaments, tendons and bones.

You can help avoid MSIs by following basic guidelines.

## WAYS TO REDUCE RISK:

- ERGONOMICS
- LIFTING



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## ERGONOMICS

- **Maintain Position:** Keep limbs aligned to withstand force.
- **Avoid Strain:** Keep tools within reach and wrists straight.
- **Change Positions:** Adjust frequently to relieve muscle fatigue and avoid tight grips.
- **Practice Good Posture:** Bend at hips and knees, keep back straight, and take micro breaks to stretch.
- **Back Extensions:** Extend back gently after bending to relieve tension.
- **Forearm Stretches:** Stretch regularly to alleviate discomfort from repetitive motions.
- **Get Assistance:** Use carts or dollies for heavy loads to avoid muscle strain.

## LIFTING PROPERLY:

- Get help if the object is too heavy.
- Keep the object close to your body.
- Position feet shoulder-width apart for balance.
- Bend knees and keep back straight.
- Hold the object close and tight.
- Lift with your legs, keeping your back straight.
- Pivot around your feet instead of twisting your back.

If you or anyone else in the workplace are experiencing any muscle strain, pain or tingling symptoms, stop work and seek emergency medical attention.

### WorkSafeBC Video Resource Lifting in the Workplace



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