

LIFTING, HANDLING OR CARRYING OBJECTS

Lifting, handling or carrying heavy objects in the workplace can lead to musculoskeletal injuries (MSIs), such as sprains, strains and other related conditions. Between 2016 and 2020, WorkSafeBC reported 20,501 lifting/MSI injury claims.

Poor lifting methods or lifting excessive loads can result in anything from short-term back strains to long-term or permanent mobility issues. The likelihood of injury may increase when tasks involve bending, twisting, lifting heavy loads or using awkward postures. Implementing proper ergonomic controls can help to reduce risk and prevent these injuries.

PREVENT MSI INJURIES BY WORKING SMARTER, NOT HARDER!

- MSI PREVENTIVE STEPS
- CONSIDERATIONS BEFORE LIFTING
- LIFTING TECHNIQUES AND TIPS



BC Forest Safety

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PREVENTIVE NEXT STEPS:

Before lifting, you need to assess the object and yourself.

Assess the object by asking yourself:

- How heavy is the load?
- Can I get a good grip on the load?
- Is the load bulky or awkwardly shaped?

Before you lift, ask yourself:

- How am I feeling today? Are my muscles stiff or is my back sore?
- Am I physically able to lift this load on my own?
- How comfortable do I feel with lifting this load?

BEFORE YOU ATTEMPT TO LIFT THE LOAD, CONSIDER THE FOLLOWING:

- What does the lift require? For example: What height and distance is the lift? How many times am I lifting - just once or multiple times?
- Is this lifting task something two or more people should do?
- Is there assistance equipment I could use? For example: would a forklift, crane, hand cart, etc., be better suited for the job?
- Have I consulted the lift/lower calculator from WorkSafeBC to help access this lift?

IF YOU HAVE DETERMINED THAT THE LOAD IS SAFE TO LIFT, CONSIDER THESE LIFTING TECHNIQUES AND TIPS:

Lifting Techniques:

- Get a firm footing and good grip on the load.
- Bend your knees.
- Tighten your stomach muscles and engage your core.
- Keep the load close to your body.
- Lift with legs while keeping your back upright.

Lifting Tips:

- Do some warm-up stretches before attempting to lift.
- Turn with your legs when turning or lowering the load, don't twist at your waist.
- Don't lift bulky loads alone – ask for help or use assistance equipment, such as a hand cart or a forklift.

WorkSafeBC Lifting &
Handling Resource



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