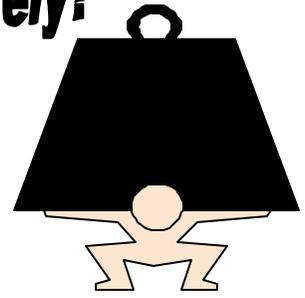


Been asked to carry a heavy load lately? Carry it Safely



Poor lifting technique and falling objects are among America's top causes of "on the job" injuries. When lifting heavy, large or awkward objects, Evaluate the task before starting.

Start by asking yourself the following questions:

Have I checked the object before trying to lift it?

Test every load before you lift it. Push the object lightly with your hands or feet to see how easily it moves. This tells you about how heavy it is. A small object does not always mean a light load.

Is the load I want to lift packed correctly?

Make sure the weight is balanced and packed so it won't move around.

Loose pieces inside a box can cause accidents if the box becomes unbalanced.

How easy will it be to grip the load?

Be sure you have a tight grip on the object before you lift it.

Handles applied to the object may help you lift it safely.

Is it easy to reach the load?

You can be injured if you arch your back when lifting a load over your head.

To avoid back injuries, use a ladder.

Am I strong enough to lift this load myself or do I need help?

Using a two-person "lift team" can reduce back injuries and balance the load, preventing it from falling. Teams should always have one person in charge verbally directing the lift.

Can I lift this object with the carrying device I have?

Don't try to lift or move objects that are beyond the capability of the lifting device you have. Carrying a wide heavy load on a skinny lifting devices is an accident waiting to happen.



To safely pick up a load and avoid those back injuries:

- Stand close to the load.
- Bend your knees maintaining your back's natural curve.
- Grip the load firmly.
- Push your body up slowly and smoothly with your legs. If the load becomes too heavy, set it down, wait a minute, then start over. If you need help, find it.



When you set the load back down, remember that your feet are somewhere underneath the load. Set it down slowly and carefully. If you regularly lift heavy loads on the job, wear Safety Shoes.



"Safe Lifting tips from your BSB Safety Office"
YOUR COMMUNITY CONNECTION TO SAFETY