

LA Office of Risk Management

# Safe Lifting

# Program Goals

- Understand the scope of back injuries in the workplace
- Analyze the workplace to find work activities, equipment and related factors which may contribute to the development of back injuries
- Identify and implement improvement options
- Evaluate the results

# 2012 Office of Risk Management Injury Trends

## TOP 5

- 1 Contusions
- 2 Strain
- 3 Laceration
- 4 Sprain
- 5 Puncture

These Top 5 account for 86% of all specified injury types reported fiscal year 11-12

# Analyze the workplace

- Determine if there is a way to eliminate the need to lift at all
- Look for ways to eliminate the need to lift objects through reengineering the workplace, changing the way materials are stored, etc
- Determine if the load can be moved by other means (forklift etc...)
- Implement lifting policy

# Consider Implementing a Maximum Lift Policy

## **What is a maximum lift policy?**

A maximum lift policy is a policy statement issued and enforced by top management providing guidelines and instructions for lifting in the workplace.

## **Why would you choose to implement one?**

Having this policy reinforces the importance of proper lifting in the workplace and holds employees accountable for lifting no more than the maximum amount specified.

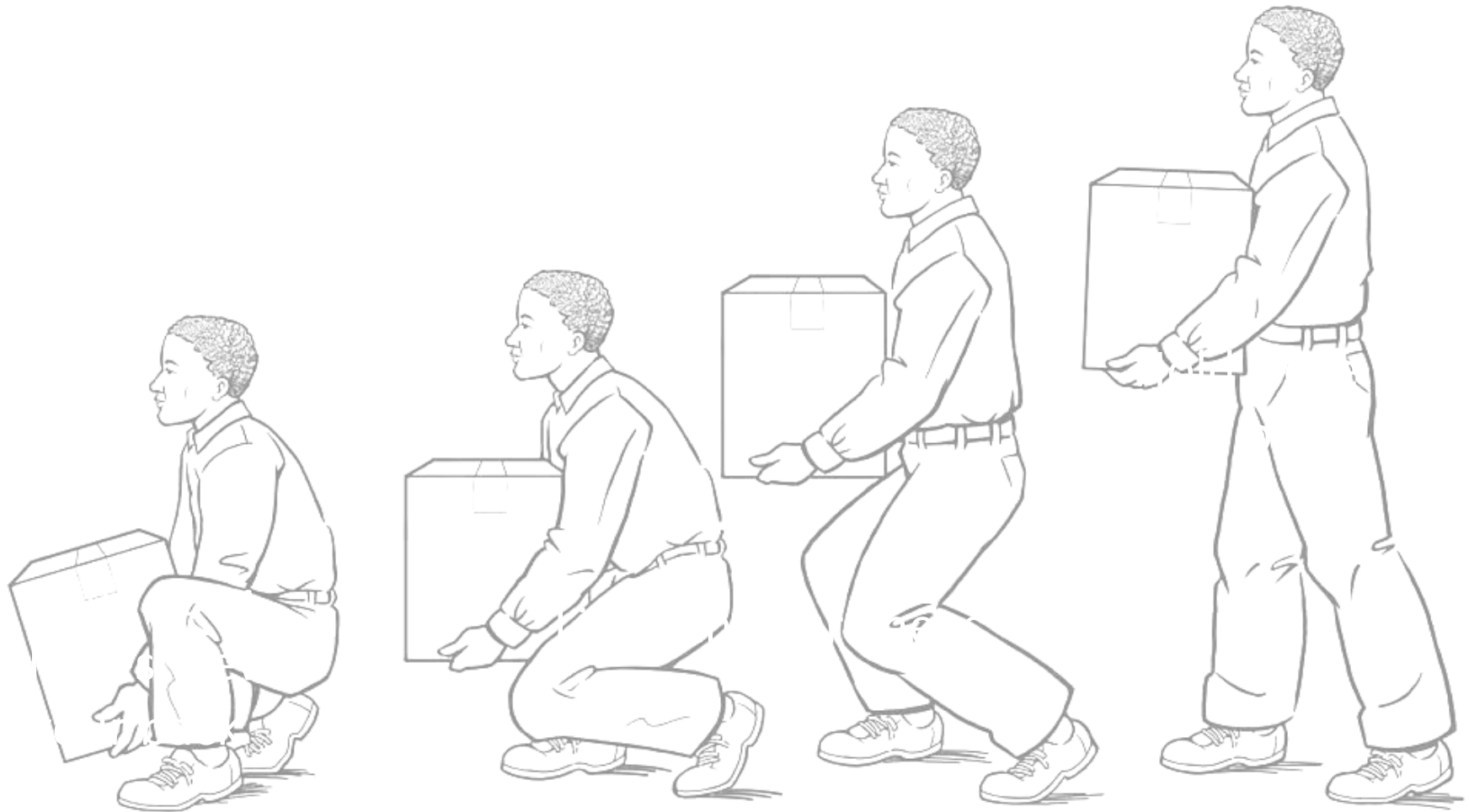
# Prepare to Lift

- Select persons who are unlikely to suffer an overexertion injury
- Have You Stretched Your Muscles or Warmed up Before Lifting?
- Are You Wearing Slip Resistant Shoes?
- Have You Cleared a Pathway Before You Pick up the Item?

# Prepare to Lift

- Assess the Situation
- Is the Load Big, Bulky, Heavy?
- Do You Need Help?
- Remember - No Single Technique Will Work in All Circumstances

# Guidelines for Safe Lifting



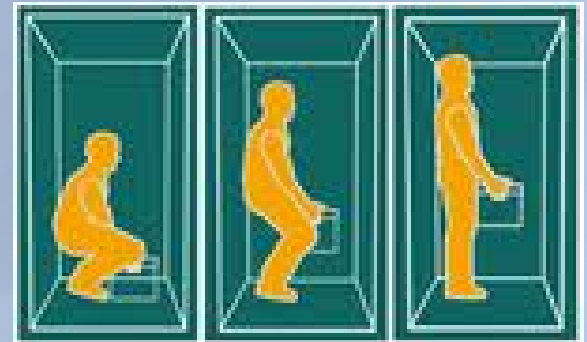


# Use Proper Techniques

- Hold the load close
- Use correct grip
- Lift gradually using your legs, not your back
- Keep back and neck straight
- Avoid twisting while lifting, use your feet.

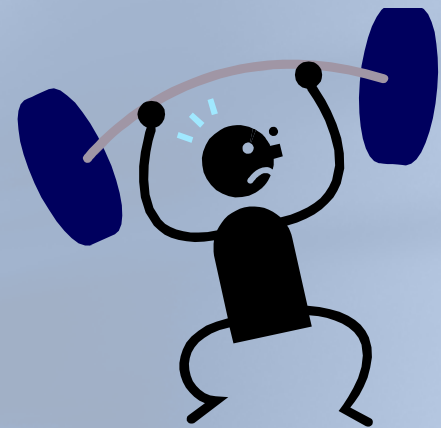
# Safe Lifting Strategies for:

- Heavy Lifting
- Frequent Lifting
- Awkward Lifting



# Heavy Lifting

- Reduce the Weight
- Use Mechanical Assistance
- Slide Instead of Lift
- Utilize Team Lift



# Frequent Lifting

- Use Mechanical Assistance
- Avoid Unnecessary Lifting
- Use Mobile Storage

# Awkward Lifting

- Remove Obstacles
- Slide Closer
- Reduce Shelf Depth
- Reduce Package Size
- Use Mechanical Assistance
- Team Lifting



# Team Lift

Use Team Lift when the use of mechanical lifting devices or reorganizing the storage of objects is not possible

- Try to choose co-workers who:
  - are adequately trained in team lift, and;
  - have a similar understanding of proper techniques and timing



# Team Lift Techniques

- Leadership
- Communication
- Choose wisely
- ☐Space for you to move the object freely

# Team Lift Techniques

- ☐ Clear line of sight
- Good grip on the object
- ☐ Distribute the weight of the load evenly



# When You Lift - Do Not

## Do Not

- Do not use your back muscles to do lifting
- Do not try to lift an item that is too heavy or awkward
- Do not twist your body
- Do not lift from an uncomfortable posture
- Do not lift while reaching or stretching
- Do not lift loads across obstacles
- Do not carry anything you can't see over or around

# When You Lift - Do

## Do

- Keep the load close to your body
- Keep your back upright, keeping in its natural posture
- Lift steadily and smoothly without jerking
- Lift with the strong leg muscles
- Ask for help with the heavy, awkward items
- When possible, use mechanical equipment to move heavy items