

# TRAIN WORKERS TO AVOID LIFTING ACCIDENTS

This topic was created to aid you with your regular scheduled safety meetings. This topic was designed to be presented in 5 to 10 minutes with a minimum of preparation. Remember to fill in the documentation section on the reverse side.

Workers should be trained to recognize hazards associated with lifting, even when a lift is within established weight limits. Lifts can be complicated by factors other than weight, including height of reach, lack of visibility, uneven floor surfaces, and the availability of a safe, final resting location for the object lifted. These factors can increase the risk of such injuries as pulled muscles, strained joints, and broken bones.

Most workers are familiar with proper lifting techniques for standard lifts. However, the lifts workers are required to perform on the job may be more complicated. In some cases, lifting devices such as hand trucks, carts, or portable lifting devices should be used.

Personal protective equipment can also help workers avoid lifting injuries. Safety shoes should be worn to protect employees' feet. Gloves will protect employees' hands and can help to provide a secure grip on the object being lifted.

Identify any unsafe lifts and discuss them with your supervisor. This may include a reach over your head, uneven working surface, not enough room to lift correctly, an awkward lifting position, or irregularly shaped item. Look for ways to eliminate a potential accident while lifting.

Remember: the most effective ways to decrease lifting injuries is to educate and train the employee and to design the workplace to fit the employee.

## **SAFETY REMINDER:**

**You will lift with ease if you remember to bend your knees.**