



Office of Environmental Health & Safety
MONTHLY SAFETY TOPIC
SAFE LIFTING

June
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Back injuries account for nearly 20% of all workplace injuries and illnesses and cost the U.S. an estimated 20 to 50 billion dollars per year. Here are some ways to prevent back injuries.

Stretch
before & after



Push or Pull instead of lifting whenever possible



Test the weight
before fully engaging



Minimize the weight



Move smaller loads at a time

Do not twist
while lifting/carrying



Turn with your *feet*, not with your *spine*

Get help



When you must lift, use good technique

- Keep back straight
- Squat down to the load
- Keep load close to body
- Straighten your legs to lift



Make or improve hand grips



Use mechanical assistance

