

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

July 2021

### Lifting Safely

Lifting heavy items is one of the leading causes of injury in the workplace. According to the Bureau of Labor Statistics, more than 1 million workers suffer back injuries each year due to lifting.

Heavy loads place great stress on the muscles, discs, and vertebrae, so its important that employees use smart lifting practices.

Tips for staying safe while lifting:

- Keep your elbows close to your body and keep the load as close to your body as possible.
- Materials that must be manually lifted should be placed at the “power zone” height, which is about mid-thigh to mid-chest, while maintaining a straight spine alignment whenever possible.
- Avoid twisting, especially when bending forward while lifting. Turn by moving the feet rather than twisting the torso.
- Limit the weight you lift to no more than 50 pounds. When lifting loads heavier than 50 pounds you must use 2 or more people or use mechanical lifting devices.
- If possible, place items on shelves to minimize repetitive tasks like bending over while picking up packages.

**SAFETY REMINDER:** Teamwork makes the dreamwork. Don't be the tough person lifting heavy items alone. Ask for help!

Discussion Points/Quiz Questions:

1. What are some alternate ways to lift and move materials?
2. When should you perform a team lift?