

WOODWORKERS TOOLBOX TALK

HANDLING AND LIFTING



Improper handling and lifting of heavy or bulky objects are a major source of back injuries. These injuries can affect your quality of life for weeks, months, or even years. Back injuries can prevent you from working or doing many things you enjoy. Lifting injuries are preventable.



SAFETY TIPS

Here are some things that employers and workers can do to reduce the risk of injury:

- 1. Think about whether you'll need help from another person or a mechanical aid, such as a dolly, forklift, or hoist.
- 2. Get close to the object.
- 3. Bend at your hips and knees.
- **4.** Get a good grip.
- **5.** Lift smoothly and slowly, keeping the object close to your body.
- **6.** Pivot with your feet instead of twisting your back.
- Be sure you can see where you are going when carrying large items. Before you lift the box, plan your path, and move any objects that you might trip over.

- When storing items, organize them by weight. Store heavier and more frequently-used items between knee and chest levels to minimize bending or reaching.
- Whenever possible, work with your arms at your sides and close to your body.
- 10. Use a stepladder rather than a chair or crate to reach elevated items. Ask a coworker to "spot" you while you are lifting boxes off a stepladder.

EXAMPLES OF RISK FACTORS

Risk factors are parts of a job that put you at risk of injury. The risk of injury depends on how long and how many times you are exposed to a risk factor. It is important for you and your employer to find ways to limit the level of risk. The following tasks could put you at risk of injury:

- · Lifting heavy equipment or boxes
- · Carrying loads that are difficult to handle
- · Pushing or pulling carts or other loads

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Stay Safe WHEN HANDLING AND LIFTING



- Get close to the object.
- Bend at your hips and knees. Get a good grip.
- Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.
- 4. **Pivot** with your feet instead of twisting your back.



Get help from others if you need it. Use dollies or carts whenever possible.

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