



Lifting Safe Work Practice

Category General

Task Safe Lifting

Application Back injuries can be very painful and slow to heal. And, after suffering a back injury, you have an estimated 80% chance of reinjuring your back in the future. Follow these proper lifting techniques to learn how to save your back and prevent a lifetime of recurring injuries.

Protective Mechanisms

1. Safe work practice in lifting

Supervisor Responsibility Supervisors are responsible to ensure proper training of the workers and ensure safe work practices are followed

Worker Responsibility

1. Size up the load. If it looks too heavy, use lifting equipment or ask for help.
2. Check the route to make sure it's free of obstructions, water and other trip-and-fall hazards.
3. Use caution at elevation changes, corners and around equipment.
4. Make sure your feet are on solid, non-moveable surface
5. Place your feet close to the object, bend your knees and get a firm hold. Lift smoothly, primarily using your leg muscles.
6. Shift your upper body weight to balance the load, if possible.
7. Lift straight up, keeping the load close to your body without twisting or turning.
8. Maintain contact between your body and the load. The load should stay in the "Safe Zone" between your knees and chest.
9. Turn your body by changing foot position in the direction you are walking, rather than twisting.
10. Maintain good posture to keep the natural s-curve in your spine.



: Service & Hospitality Safety Association of Saskatchewan Inc.

11. Push your stomach muscles into the load and lock your back.
12. Set down the load slowly, bending your knees. Do not let go until you've lowered it securely onto the floor.

Remember: It takes 100 lbs. of force to lift a 10 lb. object - a 10:1 ratio.

* The information presented in this safe work practice is intended for general use. This document may not apply to every situation, and the responsibility lies with the user to ensure this information complies with each property's business practice and government legislation.