

**For Ergonomics training and
workplace consultations
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Visit our website at
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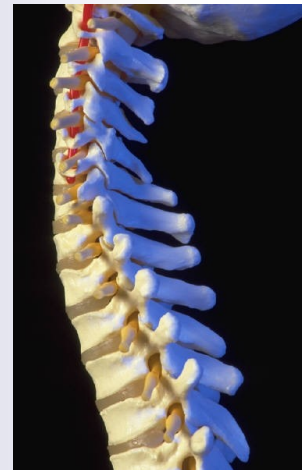
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**UConn WorkSafe
Workplace Safety Guides**

**Back
Injury
Prevention**

*—A Guide to
Lifting Safely*



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Before You Lift It, Have a Plan:

What? What are you lifting? How heavy is it? What does it contain?
Can it block your vision when carried?

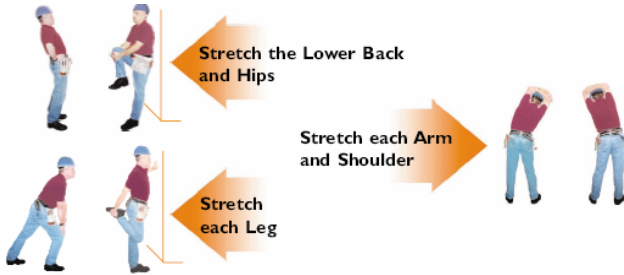
Why? Must you lift it? Can it be broken down into smaller units?
Should you use mechanical assistance?

When? Can you lift it right away or are preparations needed: e.g.,
stabilize the material; clear out a safe path;
do warm up exercises, etc.

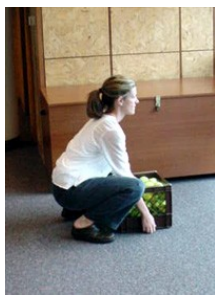
Where? Where will you move it to? Will you need a ladder?

How? How will you handle it? Should you ask for help?

1. Warm Up Before Work



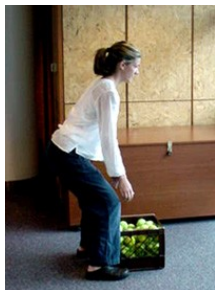
2. Test the Load



Get an indication of its:

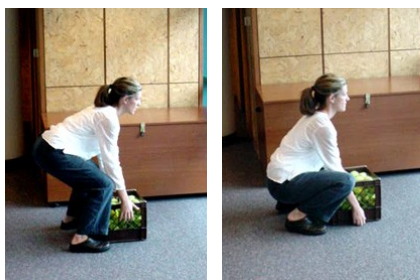
- Weight
- Shifting potential
- Gripping points
- Integrity
- Other characteristics

3. Position Your Feet



- Face the load
- Feet apart and close to the load
- Knees bent
- One foot slightly in front for balance

4. Position Your Body



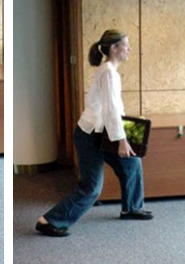
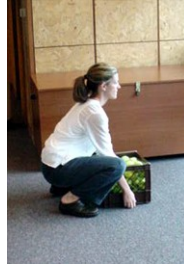
- Squat down, bend at hips
- Maintain back's natural S-curve
- Don't bend at the waist

5. Get a Firm Grip



- Grip load firmly and securely
- Use handles or cut outs if available
- Glide object up on your body before rising

6. Lift smoothly



- Keep back straight and tighten stomach
- Lift with leg muscles
- No sudden, jerky movements

7. Move your feet



- Avoid twisting as you lift
- Turn shoulders and feet to turn

8. Carrying the load . . . Keep it Close and Balanced



9. Set it Down Slowly



- Lower slowly, using leg muscles
- Keep fingers away, slide load into position