

## How to Avoid Bodily Injury while Lifting

Do not attempt to lift heavy or awkward loads alone

**Lifting:** Exertion of bodily force and energy to hold or move a load from one location to another

### Learn – Education is the key

- Risk factors
- Signs and symptoms of injury
- Potential health effects
- Learn how to use a lift/lower calculator, such as the one provided by WorkSafeBC at <http://www2.worksafebc.com/calculator/lhc/>



Image retrieved from [www.evolution.com](http://www.evolution.com)

### Assess the Load - Think first, do NOT rush

- Plan the route and lift
- Minimize the travel distance to 10 feet or less
- For heavy lifts reduce load size and weight by splitting the load
- Hold the load close to the body
- Stay focused while walking
- Minimize reaching and twisting (step into the turn)
- Provide good handles for grasping loads



Image retrieved from [www.ironmind.com](http://www.ironmind.com)

### Get Help - On all high risk loads

- Consider asking for help when the load exceeds 25 pounds
- Use ergonomically designed lifting equipment (e.g. conveyors, carts, lifting tables, lift assists)
- Ask for help with lifts involving unbalanced or irregular shaped items



Image retrieved from [www.sportys.com](http://www.sportys.com)

**“There is no single lifting method that is best for all situations” (Kroger et. al, 2012)**

#### References:

Kroemer et. al. (2001). *Ergonomics how to design for ease and efficiency* (2nd ed.) Upper Saddle River, NJ. Prentice Hall International Series in Industrial & Systems Engineering. OSHA (2000) *Ergonomics: The Study of Work*. U.S. Department of Labor. OSHA Document Number OSHA 3125 retrieved from <https://www.osha.gov/Publications/osha3125.pdf>