



Risk Reminder

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Back to the Basics...



On the job injuries due to lifting, account for many accidents in any industry.



The Do's and Don'ts of Safe Lifting

 **TUCK**
Tighten stomach muscles and tuck pelvis to keep your back in balance.

 **BEND KNEES**
Bend at your knees! This centers balance and distributes weight.

 **HUG**
Hold the object lifted as close to your body as possible. Gradually straighten to a standing position.

 **DON'T BEND AT WAIST**
This is the easiest way to strain your back and cause damage to your spine.

 **DON'T TWIST**
Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.

 **DON'T BE A HERO**
If a load is just too large, heavy, or awkward to carry don't take unnecessary risk. Get someone to help.



SPECIAL TIPS



Make sure your footing is firm when lifting and the path is clear.

Use the same safe techniques about when setting your load down.

Long and odd-sized objects might be better handled by supporting on your shoulder, keeping the front end higher than the rear.

Use a stepstool or ladder for reaching anything above shoulder level. Test the weight before removing from a shelf.

Reaching into a lower storage area requires your feet to be a shoulder width apart, while squatting and bending at your hips. Keep the object as close as possible when lifting.

Your back is aligned correctly when your ears, shoulders and hips are in a straight line. If these three curves are not in balance, there is a greater likelihood of both back pain and injury.

If you have any questions or comments regarding this information, please contact Nicole Burks, Training and Development Specialist or Dan Goode, Safety Coordinator, at 615-898-7715.