

Safe Lifting

About 10 minutes to deliver

Think before you pick it up — the lift, the carry, and the set-down that causes as many injuries as the lift.

Back injuries are among the most common lost-time injuries on any site, and most of them are not dramatic. Somebody picked up something ordinary, in an awkward way, one more time.

BEFORE YOU LIFT

- Size it up. Weight, shape, where the grip is, whether it will shift. Tip it and see.
- Plan the route. Where is it going, is the path clear, is there a door, is there a step? Put it down once, not four times.
- Ask for help, or use the machine. A team lift or a cart is not an admission of anything. Most back injuries happen on a load somebody could *just about* manage alone.
- Where possible, do not lift at all. Cart, dolly, hoist, forklift, or break the load down.

THE LIFT

- Feet apart, one slightly forward. A stable base.
- Bend at the knees and hips, not the waist. Keep the back's natural curve.
- Get a firm grip before you take the weight.
- Hold it close. Weight held at arm's length loads the spine several times harder than the same weight against your body.
- Lift with your legs, smoothly. No jerking. A jerked lift is a strain.
- Do not twist while loaded. Turn with your feet. Twisting under load is the single most common way a back goes.

THE CARRY AND THE SET-DOWN

- See over it. If you cannot, it is a two-person job or a cart job.
- Set down with the same technique — knees and hips, load close, no twist. People concentrate on the lift and then drop into a bend to put it down, which is where a lot of injuries actually happen.
- Trap points. Watch fingers against door frames, racks and vehicle beds.

OVER A SHIFT

Rotate tasks, take the breaks, and speak up early. A twinge on Tuesday that gets worked through is the thing that stops you working on Friday.

ASK THE CREW

- What is the heaviest or most awkward thing anyone is moving today?
- Is there a cart, dolly or machine available that people are not using?
- Has anyone got a back or shoulder niggle right now?

OSH Act § 5(a)(1)

This is a toolbox talk, not a course. It is general awareness on one topic — not site-specific, not a hazard assessment, and not a substitute for assessment of your workplace by a competent person, your written programs, or manufacturers' instructions. It does not by itself satisfy any OSHA training requirement. Regulations change; verify against the current standard. Whoever delivers it is responsible for deciding it is suitable and sufficient for the work. Where a talk covers first aid, resuscitation, or mental health it is general safety information, not medical advice, not a substitute for professional medical care or certified emergency-response training, and it confers no certification — in an emergency, call 911. Free to print and use, as is, with no warranty of any kind. Migna Safety Solutions · training.mignasafetysolutions.com

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ATTENDANCE RECORD

Safe Lifting

About 10 minutes to deliver · OSH Act § 5(a)(1)

Date

Job / site

Delivered by

Company

#	Print name	Signature	Date
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I delivered this talk and determined it was suitable for this crew and this work.

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