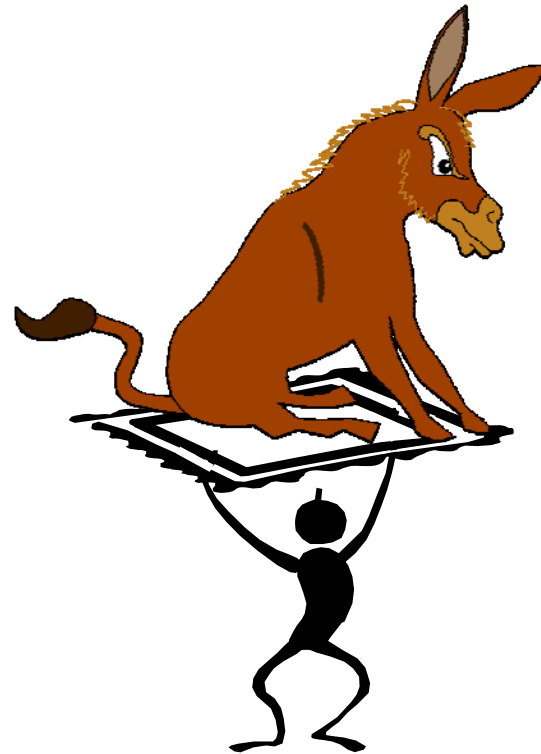


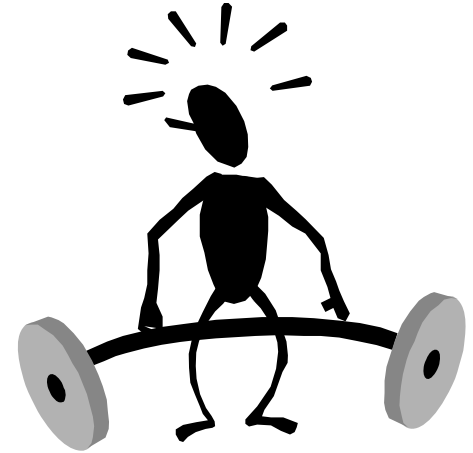
# Safe Lifting

LSU  
Office Of  
Environmental Health  
and Safety

Pat West  
8-0534



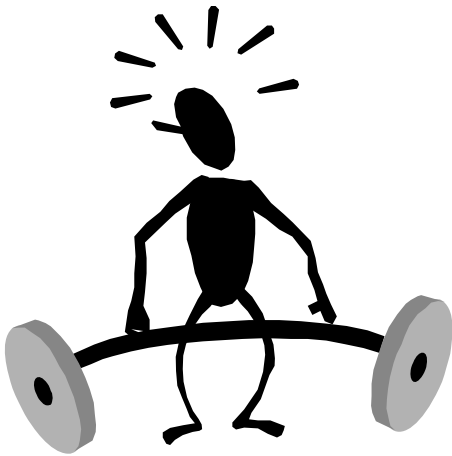
# Safe Lifting



- Back Injuries are the 2nd-most common workplace problem
- A back injury costs an average of \$11,645 in medical claims and lost time wages.

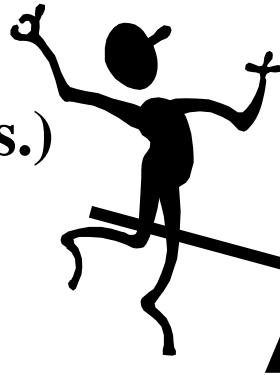
*National Safety Council*

- Most back injuries can be prevented



# Safe Lifting

(200 lbs.)

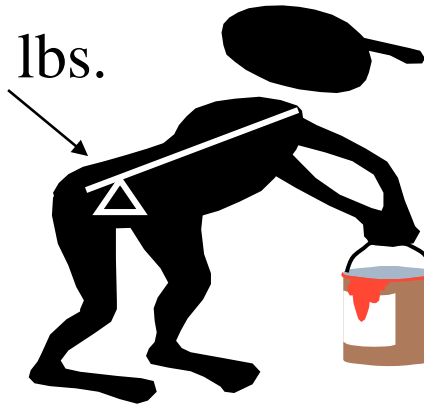


Lever effect -- can magnify weight by factor of up to 10

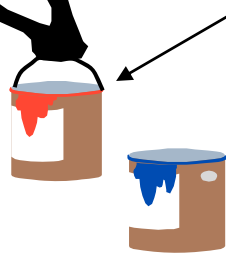
(40 lbs.)



100 lbs.



10 lbs.



# Safe Lifting

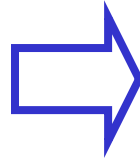


*Means  
using  
your  
head!*

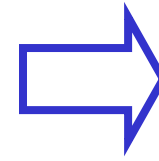
**Use Your Head and Save Your Back!**



**•STAND  
close to  
the load**



**•Bend  
your  
knees -  
not  
your  
back!**



**•Let  
your  
legs do  
the  
lifting**



**Get Help  
with  
heavy or  
awkward  
loads!**



**Use  
the  
right  
tools!**

# Safe Lifting

## Carrying the load...

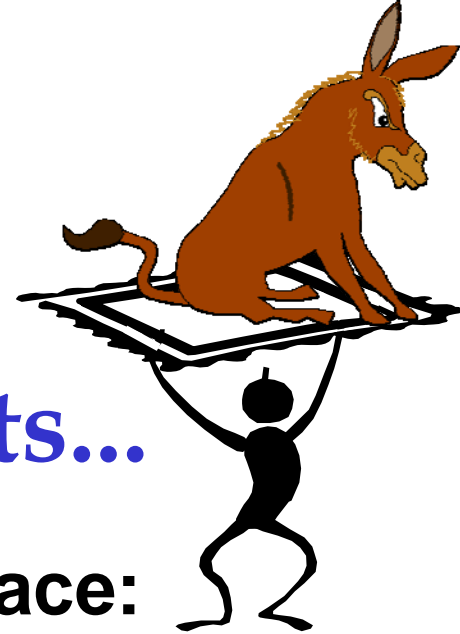


- Hold the load close so you can see over it.
- **Keep the load balanced.**
- Avoid twisting the body
- **Watch out for pinch points -- doorways, etc.**
- Face the way you will be moving.

# Safe Lifting

For those Awkward Moments...

If you must lift or lower from a high place:

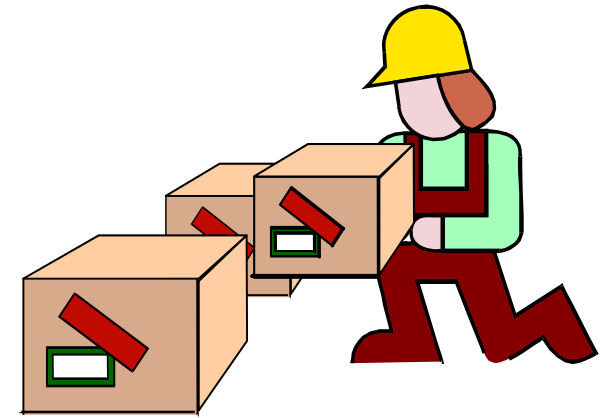


- Stand on a platform instead of a ladder
- Lift the load in smaller pieces if possible

- Push the load to see how heavy and stable it is.
- Slide the load as close to yourself as possible before lifting up or down.
- Get help when needed to avoid an injury.



# Safe Lifting



From hard-to-get-at places...

- **Get as close to the load as possible**
- **Keep back straight, stomach muscles tight**
- **Push buttocks out behind you.**
- **Bend your knees**
- **Use leg, stomach, and buttock muscles to lift -- not your back.**

# In Summary:

- Keep the load close to you
- DON'T twist while picking up
- Keep back straight
- Bend your Knees, lift with your legs