

safety Retail Toolbox Talks for matters

From your safety partners at Robison & Co Ltd

Lifting and Carrying Heavy Objects

When your work involves a substantial amount of carrying and transporting heavy or bulky objects, nothing is more important than safe lifting technique. Though a majority of the time heavy lifting is done with a machine or with the help of others, it only takes one mistake to cause a serious, chronic injury.

Lifting is an everyday activity for most, but if it is continually practised incorrectly with large objects, it could have a huge impact. Follow these tips to ensure your health and safety on the job:

- Check for tags on items indicating that it is especially heavy.
- Consider whether you will need a second person or a machine to help you with the load.
- Always plan your route in advance – determine if you will have to turn or change direction while carrying the load.
- Clear the route you plan to take with the load of obstructions and slip, trip or fall hazards before lifting the object(s).
- Make sure you have a back support belt when appropriate and that you are wearing it properly.

Ground-level Lifting:

- Get as close as possible to the load, keeping it against your body and lifting with your legs.
- Bend from the knees, not the back.
- Get a good grip on the object – grasping with the palm is more

effective and stable than holding on with the fingers.

Overhead Lifting:

- Stand on a stable surface.
- Take the object off the shelf or support carefully, maintaining your balance.
- Bring the load down to waist level while maintaining control.
- Avoid reaching and lifting at the same time.

Carrying:

- Look ahead instead of down to make sure your path is clear.
- Always walk forward instead of backwards.
- Have someone else open doors, gates or other closed entries for you.
- Change direction by moving your feet, not your hips.
- Keep shoulders, hips and feet aligned – do not twist at the waist.
- Set the load down if it becomes too heavy or unstable.

Lift Smart

- Plan your workflow carefully to eliminate unnecessary lifting.
- If eliminating a lift is impossible, then minimise the distance the load must travel.
- When placing or arranging materials on shelves, the lightest items should go close to the floor and overhead

Lifting is an everyday activity for most, but if it is continually practised incorrectly with large, heavy objects, it could cause serious, long-term injury.



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while the heavier items should be placed in the centre.

- Alternate heavy lifting with less demanding tasks, and give yourself plenty of time to rest and recover after a strenuous task.