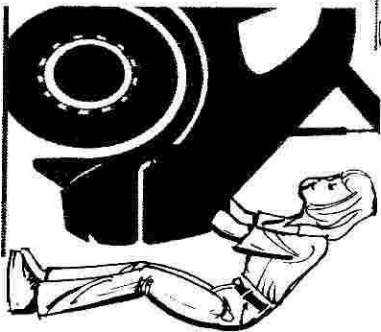


golfer's tilt

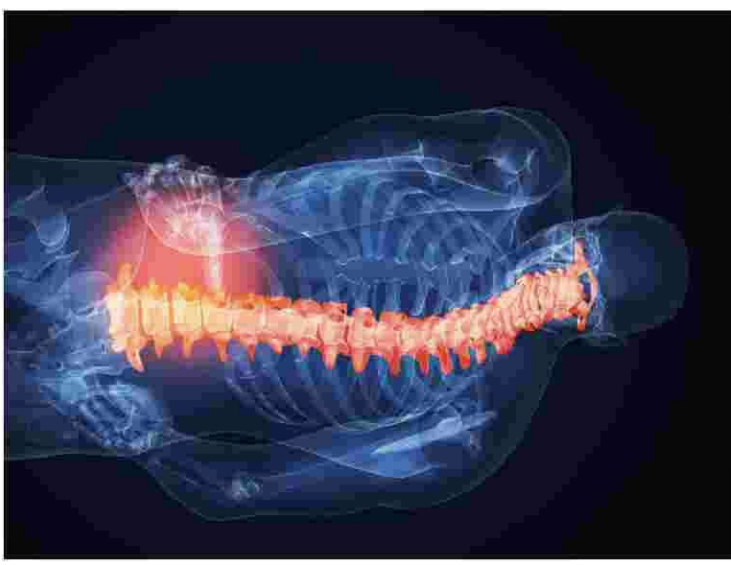


straight leg lift

MSGIA

WORKERS COMPENSATION RISK RETENTION PROGRAM

Proper Lifting



MSGIA

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*Insuring A Bright Future For
Montana Public Schools*

PROPER LIFTING

Listed below are some basic ideas for better lifting techniques.

Do not be afraid to divide the load so that it is lighter, smaller, and easier to handle safely. Also, if a cart or other equipment is available, use it. It never hurts to ask for help while lifting and moving an object. Ideally, we will always have equipment to help us lift materials. However, if we must manually lift an item please follow the steps listed below.

Ideas for Steps in Proper Lifting

Plan your route. Make sure you know where you are going with the object and check the route for obstacles. If you have to walk quite a distance with your load, pre-plan spots where you can easily stop for a short rest. But, a better solution is to use a hand truck for long distances. When using hand trucks, etc., please remember that you can push twice as much as you can pull.

Stretch and warm up the back, arm, and leg muscles. Cold, stiff muscles can be easily injured.

Check the weight of the load with a trial lift.

Stand square to the load and get as close as you can.

Keep your legs about shoulder width apart for good balance.



Put one foot slightly forward for added balance to help keep the load close to the body.

Bend the knees and hips, not the back.

As you start the lift, raise your eyes and look ahead. This will keep your spine in correct alignment.

Push with the hips and legs to lift the load.

Keep the load close to your body to exert less force on your back.

Always move your feet rather than twisting your body to change directions.

Put the load down by reversing the actions used to lift the object.

Team Work for Heavy Loads

Size up the load. Get help if it is too heavy.

When two or more people carry a load, one person should act as the leader. Be sure you can see where you are going.

Something to Ponder...

Have you ever watched a toddler lift something? If you put ten *Cheerios* on the floor and ask a toddler to lift them, they will go to the first *Cheerio*, bend at the knees and lower themselves all the way to floor, pick up one *Cheerio* and bring it to you and then repeat this process nine more times. The toddler instinctively uses the knees and hips to lift the load (even a light one

such as a *Cheerio*) and divides the load so that it is light enough for them to handle. Very rarely will a toddler ever have a bad back. We could learn a lot from watching toddlers lift.

Have you ever witnessed the "golf lift?" Golfers have a lift that is used to get the ball out of the hole where one leg is on the ground, the other is in the air and they "scoop" the ball from the hole. This can be used for very light loads.

How do you lift an object on the floor without bending from the waist and taking the back out of its correct alignment? Drop to one knee. This will keep the back in the proper position and not force you to grow longer arms.



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