



GO Ergo!

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Aaencv

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Lifting, Carrying and Transporting Heavy Loads

According to the Bureau of Labor Statistics, more than one million workers suffer back injuries annually, accounting for one in five workplace injuries. Back injuries are also the second-most popular reason that Americans visit the doctor, behind colds and flu.

How do you avoid becoming a statistic? Take a proactive role in your back health with the following precautions designed to eliminate unnecessary injuries:

- ❖ **Lifting from Ground Level:**
 - Get as close to the load as possible.
 - Bend at your knees, not with your back.
 - Get a good grip on the object and test its weight.
 - Lift up with your legs while being aware of your balance and what part of your body is doing the work. It should always be your legs.
- ❖ **Lifting from Overhead:**
 - Make certain that you are standing on a stable surface before you attempt to lift.
 - Test its weight to make sure you can lift it safely.
 - Take the object off the shelf or support carefully, while maintaining your balance. Bring it to waist level.

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Large Loads Weighing You Down?

Try these remedies to avoid injuries when handling large or awkward loads on the job:

- Instead of lifting and pouring a drum, insert a siphon or a pump.
- Use a hook to grab lightweight large containers instead of reaching with your arms.
- Use a drum dolly, cart or platform truck, hand truck, conveyor slide, chute, hand pallet truck, crane, stacker, powered hand truck, air ball table, forklift, carousel or tilter to handle large loads more easily.
- Increase the size of a bucket handle with padding for a better grip.



- ❖ *Lifting from a Shelf, Desk or Counter:*
 - Pull the load close to your body and test its weight.
 - Shift the weight of the load to your legs by keeping it close.
 - Avoid reaching and lifting at the same time.
- ❖ *Using Moving Carts and Carrying Loads*
 - Push, not pull, loads whenever possible.
 - Use your hands and arms for control and direction of the load.
 - Keep your hands and fingers inside the load, whenever possible.
 - Watch for pinch or shear points on carts, dollies and hoists.
 - Use adjustable palletizes that allow you to fill items at waist height.
 - Use tubs with adjustable bottoms to reduce the need to bend over to remove items.

Weight-Limiting Factors

Though you may have the strength of an ox, there are several factors that affect the amount of weight you can lift effectively, such as:

- When the load is farther away from the body or is large and bulky. This forces the arms and elbows away from the torso during the lift.
- When the lift must be made from below the knees or above the shoulders.
- When you must twist the torso to lift and move a load.
- When the lift is performed repeatedly.
- When the load must be carried more than three feet.
- When the load does not have handles or is slippery.

To combat these weight-limiting factors, use lift assists, reduce the size of loads, arrange your workspace so you can move closer to the load, or use chutes and slides to move loads across conveyors or in a new direction.



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