



LIFTING OBJECTS SAFELY

Prevent Strains, Sprains, and Serious Injuries

Why It Matters

- Overexertion from lifting, pushing, and pulling accounts for 29% of all workplace injuries. (keeve.com)
- Back injuries make up 1 in 5 workplace injuries, and 75% of those occur during lifting tasks. (OSHA.com)
- The average cost of a workplace injury is \$43,000, and a fatality can exceed \$1.46 million. (certex.com)

Plan Before You Lift

- Know the weight and shape of the object.
- Clear your path of tripping hazards.
- Use mechanical aids (dollies, carts, hoists) when possible.
- Ask for help with heavy or awkward loads.

Use Proper Lifting Technique

- Stand close to the object with feet shoulder-width apart.
- Bend at your hips and knees—not your back.
- Keep your back straight and head up.
- Lift slowly using your legs.
- Hold the object close to your body.

Avoid Twisting or Reaching

- Turn with your feet, not your torso.
- Never reach or twist while holding a heavy object.
- Set down the load if you need to reposition.

Know Your Limits

- Don't lift more than you can handle safely.
- Take breaks during repetitive lifting tasks.
- Report any pain or discomfort immediately.



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Other Safe Lifting Tips

- Wear slip-resistant footwear.
- Stretch before starting physically demanding tasks.
- Keep storage areas organized to reduce awkward lifting.
- Post weight limits on shelving and storage racks.

Additional Resources:

- [NIOSH Lifting Equation & Guidelines](#) – Calculate safe lifting limits.
- [OSHA Safe Lifting & Ergonomics Guide](#) – Tips for employers and workers.
- [OSHA Interpretation on Lifting Limits](#) – Clarifies lifting safety responsibilities.
- [OSHA Education Center: Safe Lifting Training](#) – Training resources for teams.

