

# LIFT PROPERLY CHECKLIST

*Prevent back pain the easy way.*

**H**ow often do you hear “Oh, my aching back?” Are you the one saying it? Back injuries are the most common workplace injury. By spending a few minutes learning proper lifting technique, you could save yourself and your hard working team the agony of back pain. Don’t just discuss it. Put it into practice. It’s something your team will thank you for.

## Preventing back injuries can be easy

Improper lifting technique is responsible for more than half of all back injuries in the workplace. Here are a few common pitfalls:

1. Lifting more weight than you can handle.
2. Not asking for assistance.
3. Lifting with your back, instead of with your legs.

**Proper technique is not hard. It’s just different. You will need to concentrate on it until the safe way becomes a habit. Remember, a strong, healthy, powerful back is vital to your job, income, and livelihood. It also makes life more comfortable and enjoyable.**

## Checklist

1. Size up the load.
2. Check for slivers, rough edges, and protruding nails.
3. Check your path for hazards.
4. Make sure your destination is ready and clear.
5. Put rings, watches, and jewelry in your pocket.
6. Squat down close to the load with your feet apart.
7. Get a firm, comfortable grip.
8. Lift with your legs, not your back.
9. Avoid twisting or jerky motions.
10. Keep your back straight and stomach pulled in.
11. Keep the load close to your body.

## Thought Provokers

1. What materials do people lift at our work site that may cause an injury?
2. What materials at our work site should be lifted mechanically?
3. Are there any specific points or problems you wish to discuss?