

TOOL BOX TALKS

Safe Lifting

Safe lifting practices are crucial for everyone no matter what industry you work in. Over time, repeated injury to the spine causes degeneration, which is the painful aging of spinal bones, discs, tendons and cartilage. Review these following safety tips with your employees.

Toolbox Tips

1. Do simple stretches for 5 to 10 minutes before beginning a long day of heavy lifting.
2. Drink plenty of water which keeps muscles hydrated and flexing well.
3. Use gloves that help your hands grip the load. Re-shape the load to make it easier to grasp.
4. Break down the load to allow for two or three trips.
5. Plan the route. Identify trip hazards and slip hazards that can cause a fall, strain or sprain.
6. Get help with heavy loads; ask others for help.
7. Keep your feet shoulder width apart.



Get close to the load and keep your spine straight.



Do not lift with the back.



Do not twist while lifting.
Twisting puts a lateral force on the spine.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

For more information:



www.worksafecenter.com



1.888.499.SAFE (7233)

Missouri Employers Mutual

Work SAFE