



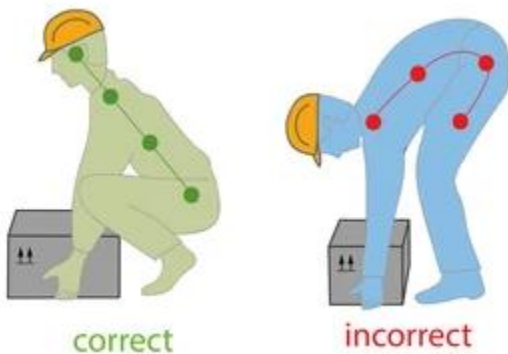
# SAFE LIFTING

## TOOLBOX TALK SERIES – INJURY PREVENTION

February 2023

Head, neck and back injuries are some of the most common preventable accidents in the workplace. The Town of Perinton is no different. Overexertion injuries were the most common injury in 2022!

### Before Lifting:



- Size up the load and get help if needed.
- Use a dolly or other material handling equipment whenever possible.
- For two-person lifts – try to use two people of the same height.
- Make sure the item to be lifted is balanced and won't shift while being moved.
- Ensure there is enough room to move, and that the area is free of slip, trip and fall hazards.

### While Lifting, Carrying & Lowering

- Get as close to the load as possible. Lifting capacity is reduced the further you are away from the load.
- Put yourself in the best possible position for the lift, avoid reaching, bending or twisting.
- Use a well balanced stance, feet shoulder width apart and one foot slightly ahead of the other.
- Bend at the knees and grip the object with the palms of your hands and fingers.
- Tighten your stomach muscles as you begin to lift.
- Keep your lower back in its normal curved position and use your legs to lift. Leg muscles are much more stronger than back muscles!
- Lower the load using your legs and maintaining the curve in your lower back.

**“No job is so important that we can't take the time to perform it safely” – Mike Shavers**