

# HEAVY LIFTING

**Did You Know that lifting heavy items is a leading cause of workplace injuries?**

## Plan Your Lift:



- **Complete a risk assessment:**  
**how heavy/awkward is the load?**
- **Use mechanical aids wherever possible:**  
**Do you need a come-a-long or crane?**
- **Know your limits:**  
**More than 50 pounds? Get one or two helpers if mechanical aid isn't available.**
- **Can you reduce the load?**
- **Plan your route:**  
**are there tripping hazards, ice or snow that need to be cleared first?**
- **Bend your knees, keep your back straight**
- **Push a load rather than pulling it**
- **Keep load close to your body**
- **Avoid twisting**



## Tips:

Limit weight you lift to no more than 50 pounds. When lifting loads heavier than 50 pounds, use two or more people to lift the load. If loads heavier than 100lbs must be lifted, use mechanical means (hand trucks, pushcarts, etc.).

It is easier and safer to push than to pull.

Where possible, utilize handholds such as handles, slots, or holes that provide room for gloved hands.

Suction devices are helpful in lifting junction boxes and other materials with smooth, flat surfaces. Other tools may be available that can create temporary handles.

Avoid using awkward postures, such as overhead reaching and crawling, by placing objects on shelves, tables, racks, or stacked pallets that are waist-high; or by using ladders or aerial lifts where necessary to elevate yourself and minimize overhead reaching.



*"safety is a core value and business priority"*



**West Fraser**