



## How Much is Too Much to Lift?

Lifting heavy items is one of the leading causes of injury in the workplace. Heavy loads can place great stress on muscles, discs, and vertebrae. Lifting related injuries can lead to great discomfort, which can impact an individual's lifestyle and ability work. When possible, you should use a lifting device such as a forklift, dolly, cart, or hoist.

## Weight Limit

Based on the National Institute for Occupational Safety & Health (NIOSH) Lifting Equation, the Occupational Safety and Health Administration (OSHA) recommends the weight limit for individual lifting be **50 pounds**. When lifting more than 50 pounds it is recommended to use a lifting device or two or more people.

However, it is important to note that BC's Occupational Health and Safety Regulation does not specify a maximum weight that a person can lift. Instead, the Regulation requires that where significant risk of musculoskeletal injury (MSI) exists, a task be assessed so that all factors of the lift can be taken into consideration.

An easy-to-use risk assessment tool is available through WorkSafeBC's online lift/lower calculator found at the following link: [WorkSafeBC Lift/Lower Calculator \(worksafebcmedia.com\)](https://worksafebcmedia.com/worksafebcmedia/WorkSafeBC-Lift-Lower-Calculator)

