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**SAFETY IS AN INVESTMENT IN YOUR FUTURE.**

Everything starts with Safety at IEC

**Safe Lifting Practices**

Toolbox Talk # 5016

In the construction industry, 25% of injuries are back injuries. More than half of these back-related injuries are caused by bodily reaction, and exertion from lifting, lowering, carrying, pushing and pulling materials. **Protect yourself by following safe lifting techniques.**

**Before Lifting:**

* Assess the object you are lifting. Get help if needed -

do not attempt to lift the load if it is too heavy or awkward.

* Make sure that the weight of the load is balanced and will not move around during transportation.
* Ensure that floors are dry and clear of any hazards.
* Avoid walking on uneven surfaces.

**When Lifting, Carrying and Lowering:**

* Stand close to the object and put yourself in the best position for the lift-avoid reaching, bending or twisting.
* Stand with your feet shoulder-width apart, with one foot slightly ahead of the other.
* Squat down next to the object by bending at the knees.
* Grip the object with both hands.
* Tighten your stomach muscles as you begin to lift to provide back support.
* Lift with your legs, not with your back.
* Lift as smoothly as possible-do not "jerk" the lift.
* While carrying, do not twist or bend at the waist.
* To change direction, shift your foot position and turn your whole body.
* Keep the object as close to your body as possible.
* Bend at your knees to put the object down.

Using proper lifting techniques can help prevent downtime due to avoidable back injuries. With a little practice, precautionary methods such as these can become good daily habits that could help prevent back injuries both on and off the job.

Please read and understand this important document and sign on the reverse side that you have done so.

YOUR SIGNATURE ON THE REVERSE SIDE INDICATES THAT YOU HAVE READ AND UNDERSTAND THE CONTENTS OF THIS DOCUMENT.

Phone 614-473-1050 email: JVan@IECCentralOH.org website: [www.ieccentraloh.org](http://www.ieccentraloh.org)

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Attendance – Toolbox Talk

Company / Employer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Topic: **Safe Lifting Practices**

# I have read and understand Toolbox Talks, topic as shown, on date indicated.

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