



## LIFTING BASICS – CONSTRUCTION

The construction industry has the second highest rate of back injuries. The transportation industry has the highest rate. Twenty-five percent of injuries in construction are back injuries. Overexertion; for example, lifting too much at one time, is the most common cause.

Not only is a back injury painful, but it can be permanent, and it can end your career. Know and use the following guidelines for correct lifting and avoid unnecessary injury.

### BEFORE YOU LIFT

Size up the load and ask yourself:

- Is this object too heavy or too awkward for me to lift and carry alone?
- How high do I have to lift it?
- How far do I have to carry it?
- Is this lifting a regular part of my job?
- Am I trying to impress someone by not using a mechanical lifting device?
- Is the path clear?

### WHEN LIFTING

- Grip and hug the load using your full palms and keeping your elbows and arms near you.
- Lift straight up, thrusting down with your legs.
- Never twist your body. If you must turn, point your feet in the direction you need to turn.
- Set the load down by slowly bending your knees, letting your legs do most of the work. Don't let go of the load until it's on the ground.

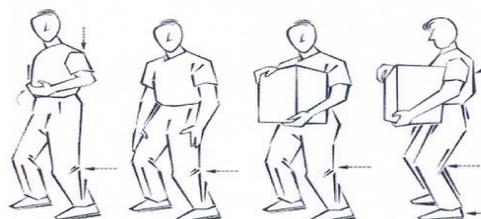
- Position your feet correctly: one foot next to the load and one foot behind it.
- Center yourself over the load, squat at the knees with your back straight and your head forward.

### Know Your Own Strength

- Most women should lift no more than 28 pounds. Only 10 percent can lift as much as 47 pounds safely.
- Most men should lift no more than 37 pounds. Only 10 percent can lift 70 pounds safely.

### IF YOU GET HURT

- Report your injury to your supervisor immediately so he or she can help you set up a work plan and you can protect your workers' compensation rights.
- Give your injury time to heal.
- If pain persists, see your doctor.
- Get into a physical conditioning program that includes stretching and strength exercise.



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| <b>Date:</b>                | <b>Company Name:</b>     |                                   |
| <b>Project Number/Name:</b> | <b>Meeting Location:</b> | <b>Person Conducting Meeting:</b> |

**Items Discussed:** \_\_\_\_\_  
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**Problem Areas or Concerns:** \_\_\_\_\_  
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**Attendees:** \_\_\_\_\_  
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**Comments:** \_\_\_\_\_  
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