

PROPER LIFTING TECHNIQUES

Actsafe's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information with more experienced workers.

Proper Lifting Techniques

Lifting places great loads on the lower back and done with an incorrect posture can lead to high risk of injury. Lifting heavy objects with improper posture puts pressure on ligaments, tendons, and bones.

While lifting objects, it is important to note that bigger and bulkier muscles can take more load than smaller muscles. For example, using your lower limb muscles while lifting is better than just lifting with upper limb muscles.

Follow these steps to lift properly

- Place the object you are going to lift as close to your body as possible.
- Place your feet apart (shoulder length) for good balance.
- Bend your knees and keep your back straight, not curved.
- Hold the object close and tight.
- Lift smoothly with your legs while keeping the back straight.
- If you have to place the object on either side of you, don't twist your back, instead pivot around your feet.

Some other things to keep in mind

- Ask for help if the object is heavy
- Use your bigger muscles, such as the hip and thigh, to push you up
- Use mechanical tools where available - dollies, scissor lifts etc.
- Wear anti-slip shoes and gloves to have a good grip on the ground and the object (respectively)



Additional Resources:

Actsafe's proper lifting technique video - The Bag Lift: <https://youtu.be/Clxy04NjBs0>

Actsafe's proper lifting technique video - The Golf Lift: <https://youtu.be/HbK5BqJUX4s>

Attendees (attach Sign-in Sheet if needed):

| Name | Initials | Name | Initials |
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Date: _____

Supervisor/Department: _____

