

Manual Materials Handling – Lifting

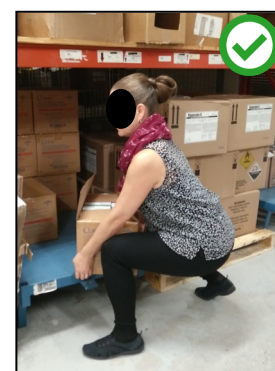
- As a general guideline, if a healthcare worker (HCW) is required to lift an object greater than 50 lbs., the HCW should use equipment and/or ask for additional assistance to reduce/eliminate risks, where reasonably practicable.
- Decrease the distance a load is carried and use equipment whenever possible (e.g., cart, dolly, etc.).
- Prior to lifting, test the load, plan the route, and remove any obstacles.
- Keep the object you are lifting directly in front of you and turn by taking small steps with your feet. Avoid twisting.
- Keep the object you are lifting close to your body and as close to your waist height as possible.
- Use a wide stance with feet at least shoulder width apart and lift using your legs. Keep your back straight, tighten your abdominals, bend at your hips and knees, and keep your head up.
- Grasp the object with both hands using your whole hand and not just your fingers. Keep your wrists straight. Use handles if available.
- Store heavier objects between knee and chest height. Use a stool or step ladder for lighter objects that are stored above shoulder height.
- Avoid quick and jerky movements.

DON'T...



VERSUS

DO...



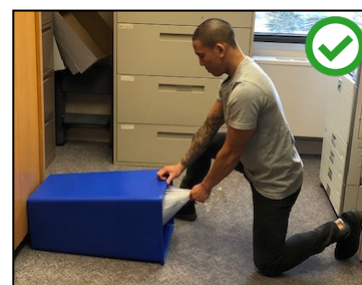
Don't:

- bend through spine
- use a narrow base of support
- keep knees straight

- keep back straight
- bend through hips and knees
- use a wide base of support



VERSUS



Don't:

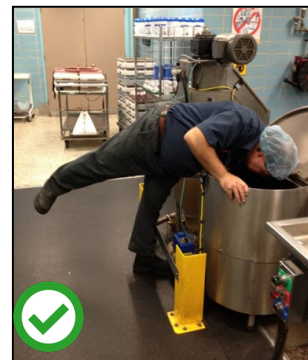
- reach away from the body
- bend through spine
- use only one hand

- use both hands
- face the load directly
- keep the load close

DON'T...



VERSUS



Don't:

- bend through the spine and hips to reach low

- use the golfer's lift is for very light objects; extending one leg back helps to keep the back straight



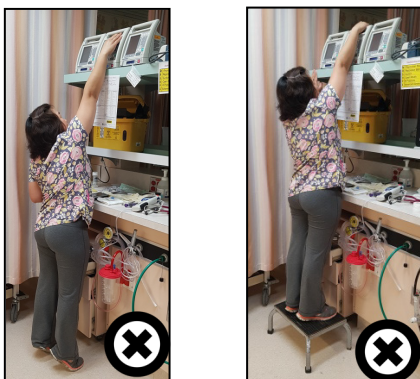
VERSUS



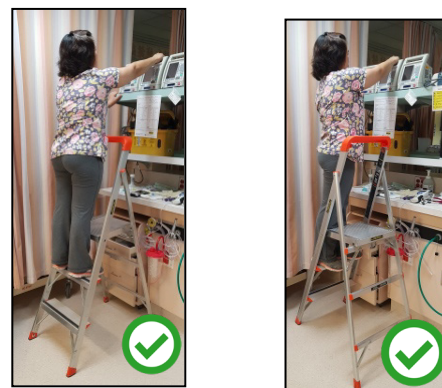
Don't:

- bend only through spine and hips
- plant feet which leads to twisting the spine when moving the object

- bend through the hips and knees to get low
- take steps to move the object



VERSUS



Don't:

- reach overhead to access equipment

- use an appropriate step ladder to decrease reaching overhead to access equipment