*Safe Work Practices* Safe Lifting Technique

**Hazards:** Bending, lifting, or carrying items using poor postures can result in lower back injuries and other soft-tissue sprains or strains

**Equipment:** N/A

**Personal protective equipment:** N/A

**Training required:** On-the-job training

**Legal requirements:** N/A

# Safe work practices

* Always size up objects to try and gauge their weight before lifting. Know your strengths and limitations.
* If necessary, share the load with a partner or get mechanical assistance for heavy loads.
* Place your feet apart for good balance. Face the object you are lifting.
* Bend your knees.
* Hold the object as close to your body as possible.
* Tighten your abs before lifting to prepare your core muscles for the lift.
* Lift smoothly and slowly.
* Pivot with your feet — don’t twist your back.
* Push a load, rather than pulling it.

References: *Ergonomic Tips for the Hospitality Industry: Preventing Injuries when Handling Luggage* (WorkSafeBC pamphlet PH59)

*Back Talk: An Owner’s Manual for Backs* (WorkSafeBC publication BK4)