

Toolbox Talk

Be Safe. Your Family and Friends Want You Healthy and in Their Lives.

Safe Lifting Practices

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.

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Employee Name: _____

Location: _____

Employee Signature: _____

Date: _____



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