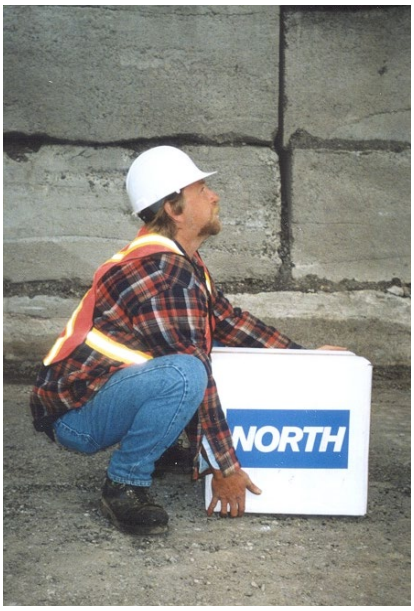
BCCSA
BC ConstructionSafety Alliance

Train. Maintain. Sustain.

Toolbox Talks
Weekly Tailgate Topic

DISCUSS WITH CREWS ON [INSERT DATE]

PROPER LIFTING PROCEDURES



One of the reasons that our Group of Companies have been successful in reducing sprain and strain injuries is that workers have begun to realize that by applying safety procedures into their everyday work routines they can avoid the pain and suffering involved in injury. One of the ways that other work-mates have been successful is to follow the simple 4-step plan when lifting materials.

1. Plan the Lift

By planning a lift, one can completely eliminate the risk of injury. If possible, use mechanical means to lift, move, and lower the materials, such as: forklifts, loaders, vehicles (transporting materials), dollies, wheelbarrows, wheel attachments on equipment, cranes, come-alongs, pry-bars…). If it is not practicable to use mechanical means, ask for assistance to help lift or move the load, or break the load down into smaller lifts. If this still is not practicable, ensure that you are capable of safely lifting the load, and ensure there are no, trip or slip hazards along the path you plan on carrying the load, then use proper lifting procedures.

2. Make the Lift

- Rule of Thumb: Look up as you lift!
- Face the load, stand with feet shoulder width apart with one leg ahead of the other.
- Ensure you have a good firm grip before lifting.
- Lift with your leg's, and not your back and keep your back as straight as possible.
- Lift smoothly without jerking.

3. Move the Lift

- Avoid reaching out. Handle heavy objects close to the body. Avoid a long reach out to pick up an object.
- Avoid unnecessary bending. Do not place objects on the floor if they must be picked up again later.
- Avoid unnecessary twisting. Turn your feet, not your hips or shoulders. Leave enough room to shift your feet so as not to twist.

- Do not be tempted at the last moment to swing the load onto the deck or shelf by bending or twisting your back; it could end up being your last heavy load.

4. Lower the Lift

- The same technique used for lifting the load should be used for lowering the load.
- Watch your fingers for pinch points when lowering the load.

CREWMEMBER SAFETY TOPIC