



## Lifting Safely

## Worker Info Handout

Soft-tissue injuries such as strains can take a long time to heal through immobilization and rest. When moving objects throughout the kitchen, be sure to minimize the risk of injury by using mechanical assistance (dollies, carts) or help from others to move heavy items. Know your strengths and limitations before lifting something.

**Direct Hazards:** Moving Heavy or Abnormal-shaped Objects, Repetitive Motions

**Potential Injuries:** Musculoskeletal Injuries including Sprains, Strains, or Inflammation of the Muscles, Tendons, Ligaments, Joints, etc.

**Personal Protective Equipment:** N/A

**Training Required:** On-the-job Training

**Legal Requirements:** N/A

### Important Information for Workers

#### Worker Responsibilities Before Lifting Objects:

- Proactively examine objects to gauge their weight before lifting.
- If necessary, share the load with a partner or get mechanical assistance for heavy loads.
- Dollies or carts should be available and in good working condition for your use in the kitchen.
- Empty garbage containers before they become too full so that the weight is manageable and you can properly tie the bag closed.
- Place your feet shoulder-width apart for good balance and face the object you are lifting.
- Bend your knees with a neutral back posture.
- Hold the object as close to your body as possible with a tight grip.



#### Worker Responsibilities While Lifting Objects:

- Once the object is secure in your grip and close to your body, primarily lift the weight with your legs.
- Lift smoothly and slowly with no jerking or twisting motions.
- Pivot with your feet rather than twisting your back.
- Push a load rather than pull it.

#### Worker Responsibilities After Use:

- Store heavy objects on lower shelves and lighter objects on higher shelves reduces the need for moving heavy items above shoulder height.
- Do not over-do it. Take breaks or ask for help when you need it.
- Stretch your back and legs, be fit for the task.

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