Lifting Safety Topic



Basic lifting safety and techniques to avoid back injury.

According to OSHA, back injuries are the second most common reason for lost days of work, “Back strain due to overexertion represents one of the largest segments of employee injuries in the American workplace.”

What to Avoid

If at all possible, avoid lifting objects to a high shelf/space or lowering objects from a high shelf/space. A high shelf/space is anything above shoulder height. Avoid twisting your back/ contorting your body into awkward positions to reach/lift an object as this increases the possibility of injury. If a load is of a questionable or large weight use a “team lift” to safely move object.

Techniques to Avoid Injury

If lifting objects to a higher surface, make shoulders at equal height as the surface lifting to by using a platform or stepstool. Lift the object(s) in increments, steadying the object at mid body length before lifting. When lowering the object(s) from higher surface, push up on object to test the weight and stability. Slide the object(s) as close to yourself as possible prior to lifting. Lifting from a hard to reach place can be more difficult. Get as close as safely possible, keep the back straight and…