Lifting – Landscaping Meeting Kit



WHAT'S AT STAKE

Lifting is a body movement that is a universal exercise. Lifting is done or performed in all aspects of labour whether blue or white collar operations. But "how" lifting is done has huge implications in business, government, and personnel.

WHAT'S THE DANGER

Improper handling and lifting of heavy or bulky objects is a major source of strains, sprains, neck injuries, back injuries, and hernias. Any of these injuries can affect your quality of life for weeks, months, or even years.

Common Hazards Include the following:

- Shoulder or wrist sprains or strains from lifting heavy equipment, bags, or boxes
- Back pain from lifting and carrying awkward loads
- Back, shoulder, or leg strain from moving items by pushing or pulling

Incident example

- A worker was moving bags of fertilizer and turned quickly without moving his feet, twisting his back. He was off work for three weeks with back pain.

HOW TO PROTECT YOURSELF

Initial Lifting Safety Checklist

- Decide whether you'll need help from another person or whether a wheelbarrow or hand truck will be needed to move heavy or awkward objects.
- Be sure you can see where you are going when carrying large items.
- When storing equipment or supplies, place the heaviest items at knee to chest level.

Safe Lifting Techniques

1. Get close to the object.
2. Bend at your hips and knees. Get a good grip. Gloves may improve your grip.
3. Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.

4. Pivot with your feet instead of twisting your back.

Specific: Lifting from a Vehicle

1. Lift smoothly and slowly, keeping the object close to your body. Keep the object between your knees and shoulders. Use gloves to improve your grip.
2. Pivot with your feet instead of twisting your back.
3. Bend at your hips and knees.

Responsibilities of Employers

- Provide assistive devices such as dollies or hoists, if necessary, and make sure they are maintained in good condition.
- Train workers in safe lifting technique.
- Provide adequate supervision after training.

FINAL WORD

All workers no matter what the work environment, are required to lift. Only through proper training techniques in lifting practices, can workers avoid long and short-term back disabilities that have lifelong consequences.