



## GOALS

This safety session should teach employees to:

- Realize that lifting incorrectly can cause back injury.
- Know how to lift properly to protect the back.

**Applicable Regulations: General Duty Clause 5(a)(1) of the Occupational Safety and Health Act of 1970**



### 1. Back strain and back injury cause serious pain and disability.

The back supports the body. One wrong move or repeated stress on weak back muscles can cause pain and injury.

- Back injuries are one of the most common causes of work-related disability.
- Back pain is the second-leading cause of lost work days, after the common cold.
- Once back strain occurs, it often returns.
- Back injury often requires extended bed rest and, in some cases, surgery.

### 2. Personal habits can make back injury more likely.

You're more likely to have a back injury if you're in poor physical condition, overweight, under stress, have poor posture, or overexert yourself.

- Regular exercise can strengthen back and stomach muscles.
- Always consult your doctor before starting an exercise program.
- Sit and stand straight; poor posture strains the back.
- Be realistic about what you can carry and what you can do; overdoing can cause lasting damage.

### 3. Lifting is a major cause of job-related back injury.

Lifting too much, or lifting improperly, puts too much strain on the back.

### 4. Avoid lifting manually when possible.

Test the weight and stability of the object you want to move by lifting one corner slightly. If it's too heavy for safe manual lifting:

- Use material-handling aids like dollies, hand trucks, or forklifts.
- Get another person to help you lift.

### 5. Plan and prepare before you lift.

- Stretch and bend gently to loosen muscles.
- Choose the straightest, flattest, clearest route to your destination.
- Remove anything from the route that could trip or block you.
- Wear sturdy shoes with nonskid soles, gloves to provide grip, and clothing you won't trip over.

### 6. Lift properly, so your legs do the work—not your back.

- Stand close to the load, with feet shoulder width apart and firmly on the floor.
- Bend at the hips and knees and squat close to the load; keep your back straight.



- Grip the load firmly with both hands, not just your fingers.
- Bring the load close to your body, keeping your weight centered over your feet.
- Stand slowly with your back straight and let your legs push you up.

### 7. Avoid back strain while carrying.

- Carry the load waist high.
- Be sure you have a good grip and can see where you're going.
- Walk slowly, taking small steps.
- Stop along the way to rest if you need it.
- Move your feet to turn direction. Don't twist! That's a major cause of injury.

### 8. Unload carefully.

- Lower the load slowly, with your knees bent.
- Place your hands so they don't get caught under the object while unloading.
- Place the load on the edge of the surface and slide it back.
- Stand slowly.



#### DISCUSSION POINTS:

Use light boxes to demonstrate (and have participants demonstrate) safe lifting techniques.



#### CONCLUSION:

- Proper lifting can prevent back injury.
- Minimize manual lifting. When you do lift, do it correctly so that your legs do the work—not your back.



#### TEST YOUR KNOWLEDGE:

Have your employees take the Safe Lifting Basics quiz. By testing their knowledge, you can judge their ability to lift properly and whether they need to review this important topic again soon.



## Levante Objetos de Manera Segura para Prevenir Lesiones en la Espalda

### Antes de levantar un objeto:

- Levante la carga por un costado para ver si la puede levantar y cargar de manera segura.
- Si tiene dudas, use una carretilla, carretón o carretilla elevadora o pida ayuda a alguien.
- Planee una ruta directa y plana; mueva todo obstáculo fuera de su camino.
- Afloje los músculos hacienda flexiones y ejercicios de estiramiento.
- Use guantes y zapatos resistentes con suelas antideslizantes.
- No use ropa suelta con la que podría tropezar.

### Cuando levante un objeto:

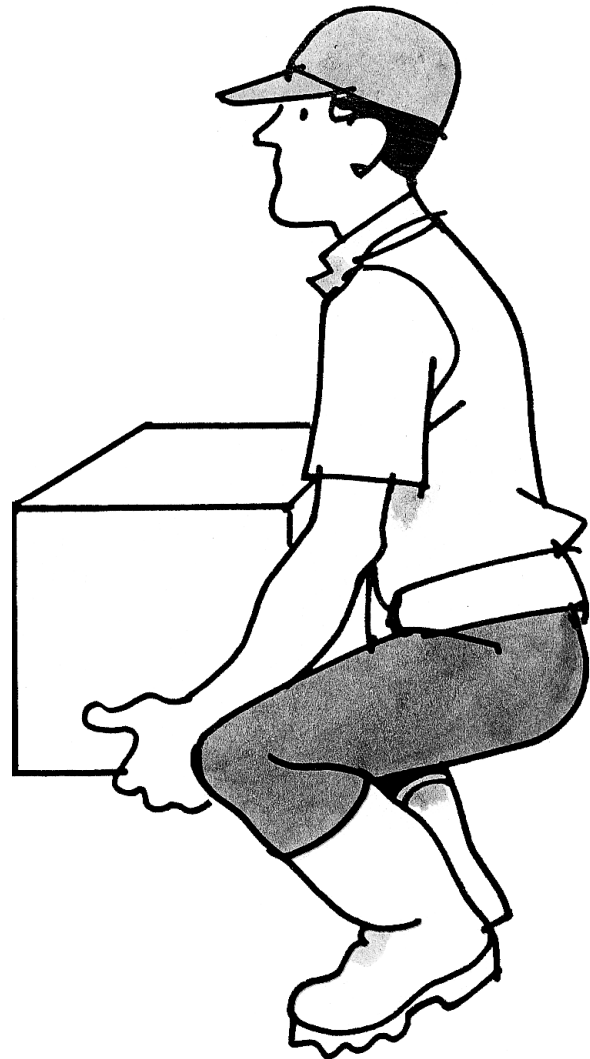
- Párese cerca de la carga.
- Agáchese con las rodillas dobladas y la espalda recta.
- Agarre la carga firmemente.
- Acerque la carga a su cuerpo.
- Empuje hacia arriba con sus piernas.

### Cuando cargue un objeto:

- Lleve la carga a la altura de la cintura.
- De pasos cortos.
- Mueva sus pies para cambiar de dirección; no tuerza su cuerpo.

### Cuando descargue un objeto:

- Doble las rodillas y baje la carga lentamente.
- Ponga la carga en el borde de la superficie y deslicela hacia atrás.





## Safe Lifting Prevents Back Injury

### Before you lift:

- Lift a corner of the load to decide if you can safely lift and carry it.
- If in doubt, use a dolly, hand truck, or forklift—or get help.
- Plan a straight, flat route; remove anything in your way.
- Loosen muscles with gentle bends and stretches.
- Wear gloves and sturdy shoes with nonskid soles.
- Avoid loose clothing you could trip over.

### When you lift:

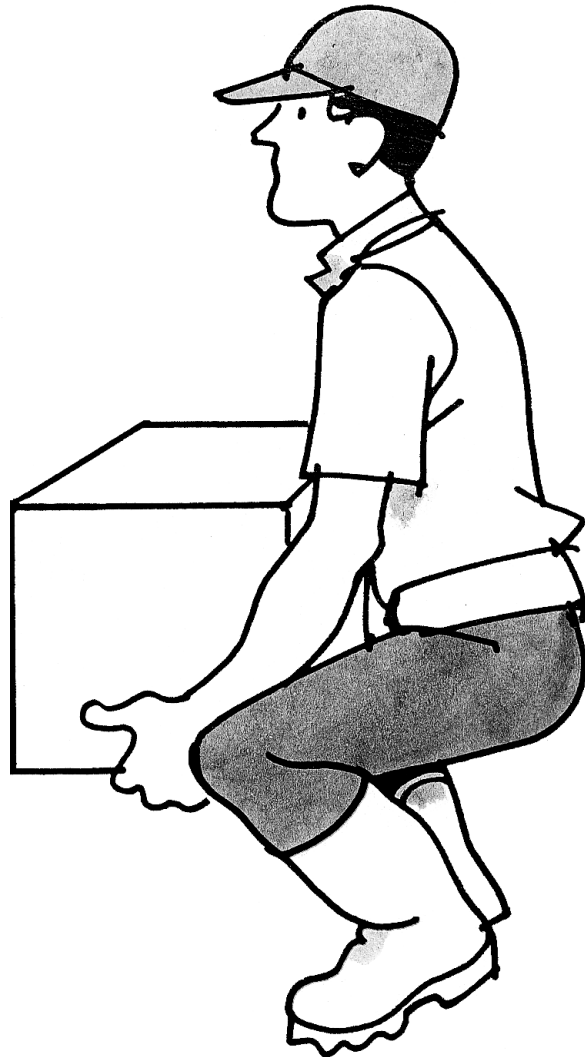
- Stand close to the load.
- Squat, with knees bent and back straight.
- Grip firmly.
- Bring the load close to your body.
- Push up slowly with your legs.

### When you carry:

- Carry the load waist high.
- Take small steps.
- Move your feet to change direction. Don't twist.

### When you unload:

- Lower the load slowly, knees bent.
- Place the load on the edge of the surface and slide it back.





## CUESTIONARIO DE PRINCIPIOS BÁSICOS PARA LEVANTAR OBJETOS DE MANERA SEGURA

- 1. El dolor de espalda es la segunda causa mas común de perdida de días de trabajo.**
  - a. Verdadero
  - b. Falso
- 2. Es mas probable tener dolor o lesión de espalda si:**
  - a. Es gordo y no esta en buen estado físico
  - b. Es demasiado delgado
  - c. Es prudente sobre cuanto peso puede levantar
- 3. Levantar las cargas mas pesadas que puede soportar ayuda a fortalecer la espalda.**
  - a. Verdadero
  - b. Falso
- 4. Antes de levantar y de llevar, planea una ruta para seguir que sea:**
  - a. La mas corta
  - b. La mas directa y plana
  - c. La mas cerca a la estación de primeros auxilios
- 5. El clave principal para levantar algo sin riesgos es:**
  - a. Hacer la mayor parte del trabajo con la espalda.
  - b. Hacer la mayor parte del trabajo con los brazos.
  - c. Hacer la mayor parte del trabajo con las piemas.
- 6. Cuando comienza a levantar, se agacha hacia la carga con:**
  - a. Las rodillas flexionadas y la espalda recta
  - b. La cintura flexionada y las rodillas rectas
  - c. La espalda y rodillas rectas
- 7. Es mejor agarrar la carga con las manos y no solo con los dedos.**
  - a. Verdadero
  - b. Falso
- 8. Para cambiar de dirección cuando lleva una carga, debe mover los pies en vez de torcerse.**
  - a. Verdadero
  - b. Falso
- 9. Cuando transporta una carga, debe ser:**
  - a. A la altura del pecho
  - b. A la altura de la cintura
  - c. A la altura de los hombros
- 10. Cuando descarga, debe:**
  - a. Dejarla caer en su lugar.
  - b. Pedir que lo ayuden.
  - c. Deslizar la carga en su lugar.

Quando usted termine este examen, entréguelo a su supervisor.

Nombre: \_\_\_\_\_

Fecha: \_\_\_\_\_



### **RESPUESTAS AL CUESTIONARIO DE PRINCIPIOS BÁSICOS PARA LEVANTAR OBJETOS DE MANERA SEGURA**

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1. a. Verdadero. Solo el resfriado causa mas perdida de días de trabajo.
2. a. Es gordo y no esta en buen estado físico.
3. b. Falso. El exceso de esfuerzo es la causa principal.
4. b. La mas directa y plana.
5. c. Hacer la mayor parte del trabajo con las piernas.
6. a. Las rodillas flexionadas y la espalda recta.
7. a. Verdadero.
8. a. Verdadero.
9. b. A la altura de la cintura.
10. c. Deslizar la carga en su lugar.



## SAFE LIFTING BASICS QUIZ

- Back pain is the second most common cause of lost workdays.**
  - True
  - False
- You're more likely to have back pain and injury if you're:**
  - Overweight and in poor physical condition
  - Too thin
  - Cautious about how much you can lift
- Lifting the largest loads you can possibly handle helps strengthen your back.**
  - True
  - False
- Before you lift and carry, plan a route to follow that's:**
  - The shortest
  - The straightest and flattest
  - The closest to the first-aid station
- The key principle of safe lifting is that:**
  - Your back does most of the work.
  - Your arms do most of the work.
  - Your legs do most of the work.
- When you start a lift, you squat down to the load with your:**
  - Knees bent and back straight
  - Back bent and knees straight
  - Back and knees straight
- It's best to grip a load with your hands, not just your fingers.**
  - True
  - False
- To change direction when carrying a load, you move your feet instead of twisting.**
  - True
  - False
- When you carry a load, it should be:**
  - Chest high
  - Waist high
  - Shoulder high
- When you unload, you:**
  - Drop the load in place.
  - Get another person to help.
  - Slide the load in place.

When you have completed this quiz, turn it in to your supervisor.

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## ANSWERS TO SAFE LIFTING BASICS QUIZ ANSWERS

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1. a. True. Only the common cold causes more.
2. a. Overweight and in poor physical condition.
3. b. False. Overexertion is a major cause of injury.
4. b. The straightest and flattest.
5. c. Your legs do most of the work.
6. a. Knees bent and back straight.
7. a. True.
8. a. True.
9. b. Waist high.
10. c. Slide the load in place.