

A Safe Workplace

A Workplace Safety and Health Manual for Your Community

Section: III-F	Rules Procedures, Practices and Guidelines	Page 1 of 1 Approved By: Harvey Bostrom
Subject: SWP-1	Manual Lifting	Effective: April 01, 2005 Revised: April 1, 2011

Refer to MB Guideline for Prevention of Musculoskeletal Injuries and part 8 of *The Manitoba Workplace Safety and Health Act and Regulations*.

PPE Required: Steel-toe boots, hard hats, gloves (where situation requires)

There is a maximum weight that a man or women can safely lift and maximum weight is dependant on several factors as follows:

- 1) **Worker's** - height, weight, age, physical fitness, medical conditions, previous injuries
- 2) **Object** - Is the object large or compact? Is it rigid or flexible? Does the shape make it hard or easy to grasp? Does it have handles?
- 3) **Distance between the Object and the Person** - How far is the object held from the person during the lift?
- 4) **How Object is Lifted** - From what height is the object being lifted? To what height is the object being lifted? Is there any twisting or rotation involved? Does the object need to be carried for a long distance?
- 5) **Work Environment** - Does the floor surface provide good stability, or is it slippery or sloped? Are there any tripping hazards? Is the area congested?
- 6) **Frequency of the Task** - How often does the person have to lift? How much time does the person spend lifting in a day? How does the person take break? How long are the breaks between lifts?

Evaluate the task and determine if task can be completed in a safe and healthy manner. Know your limits, acquire assistance if required.

Examine site for slippery or en-even surfaces. Ensure the path that you will be carrying the load is free of obstructions. Avoid muscle strain by warming up and stretching prior to lifting.

Get a good footing and set yourself square to the load. Bend knees and get a firm grip. Ensure that the load is evenly distributed before lifting. While keeping your back straight, lift with your legs, keeping the object as close to your body as possible.

Take small steps when carrying load. Maintain balance and do not twist or turn as you lift. Move your feet to turn your body direction. Place object down by bending from the knees with your back straight.