



# SAFE LIFTING

Safety Meeting PowerPoint  
Presentation

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Wayne H. Bryant

Interim Dir. of Safety & Risk Mgt.

# SAFE LIFTING

Avoiding a Painful Back



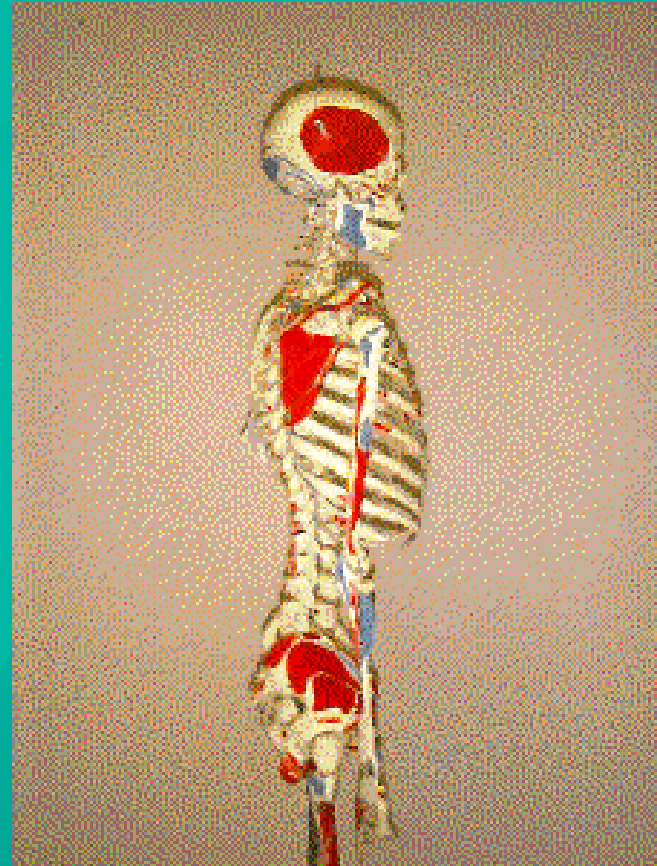
# The Five Leading Back Injury Factors

- ❑ Poor Posture
- ❑ Poor Physical Condition
- ❑ Improper Body Mechanics
- ❑ Incorrect Lifting
- ❑ Jobs That Require High Energy



# THE SPINE'S BASIC FUNCTIONS

- Providing Support
- Protecting the Spinal Cord
- Providing Flexibility to Allow Bending and Rotating



# STANDING POSTURE

- Keep Your Spinal Column Aligned in Its Natural Curves
- Prop One Foot up on a Stool to Reduce Stress in Your Lower Back



# STRETCH OFTEN & SHIFT POSITIONS

- Change (Shift) Your Posture Often
- Stretch Frequently Throughout the Day
- Keep Your Body Flexible (Not Rigid or Fixed)
- Don't Force Your Body to Conform to Its Workspace



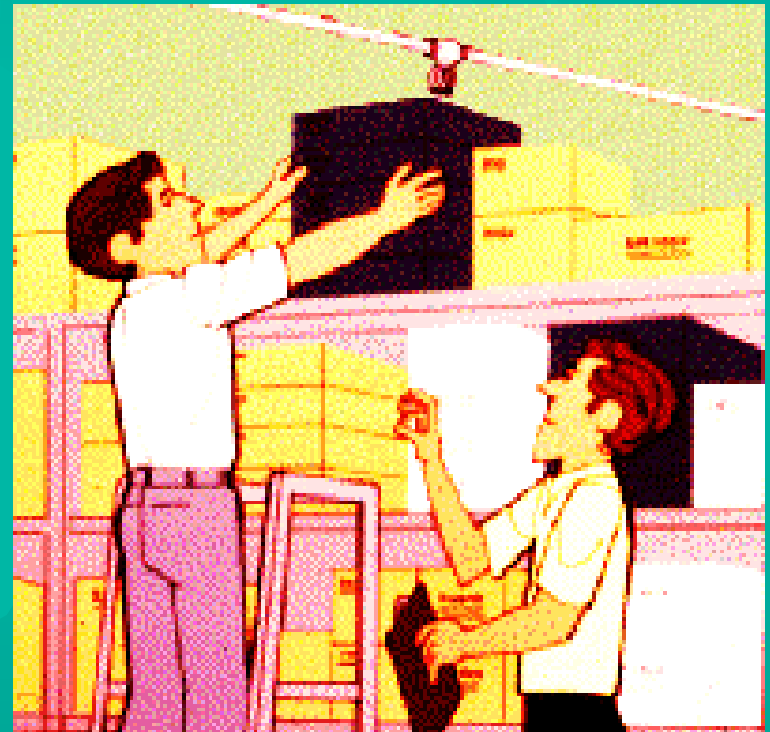
# LIFT WITH COMMON SENSE!

- ❑ Assess the Situation
- ❑ Is the Load Big, Bulky, Heavy?
- ❑ Do You Need Help?
- ❑ Remember- No Single Technique Will Work in All Circumstances



# THE SAFE LIFTING ZONE

- The Safe Lifting Zone Is Between the Knees and Shoulders
- **Below Knee Level?** Bend With Your Knees and Lift With Your Legs
- **Above Your Shoulders?** Use a Stool or Ladder





# PUSH-- DON'T PULL

Can You Slide  
It Instead of  
Lifting It?



Do you need equipment to help move it?  
Must you twist or stretch to get it?

- Use Proper Equipment
  - Hand Trucks
  - Forklifts
  - Dollies
- Readjust the Load or Your Position Before You Lift
  - Get Help!



# PREPARING TO LIFT OR MOVE

- ❑ Have You Stretched Your Muscles or Warmed up Before Lifting?
- ❑ Are You Wearing Slip Resistant Shoes?
- ❑ Have You Cleared a Pathway Before You Move the Item?



# WHEN YOU LIFT

## Do

- ❑ Plant Your Feet Firmly- Get a Stable Base
- ❑ Bend at Your Knees- Not Your Waist
- ❑ Tighten Your Abdominal Muscles to Support Your Spine
- ❑ Get a Good Grip- Use Both Hands



# WHEN YOU LIFT

## Do

- ❑ Keep the Load Close to Your Body
- ❑ Use Your Leg Muscles As You Lift
- ❑ Keep Your Back Upright, Keep It in Its Natural Posture
- ❑ Lift Steadily and Smoothly Without Jerking



# WHEN YOU LIFT

## Do Not

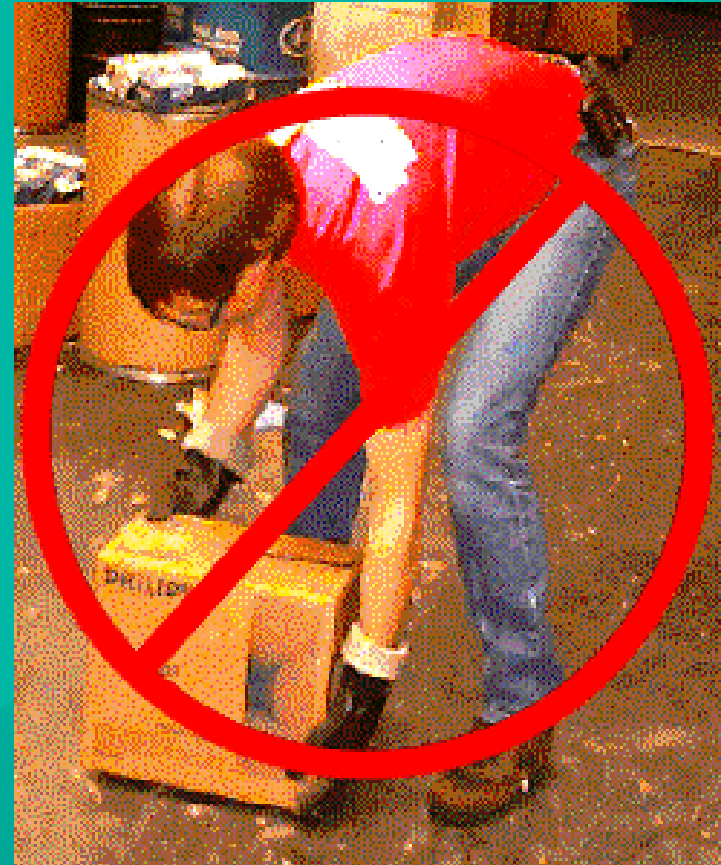
- ❑ Lift From the Floor
- ❑ Twist and Lift
- ❑ Lift With One Hand (Unbalanced)
- ❑ Lift Loads Across Obstacles



# WHEN YOU LIFT

## Do Not

- ❑ Lift While Reaching or Stretching
- ❑ Lift From an Uncomfortable Posture
- ❑ Don't Fight to Recover a Dropped Object







# REMEMBER!

- Your Work Day Is One Third of Your Total Day
- Plan Your Tasks Carefully to Avoid a Painful Back
- Managing Your Back Is Your Responsibility

Please send questions to [safety@gram.edu](mailto:safety@gram.edu)