1 Minute

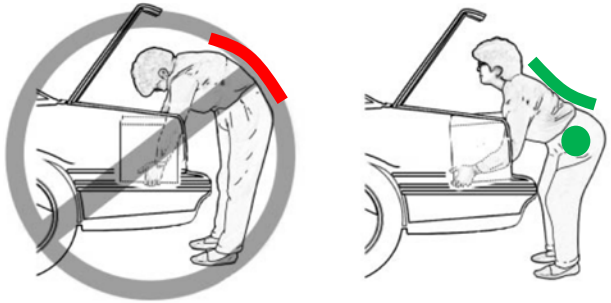
4 Safety

Ergonomics of Lifting

DON'T LIFT ANYTHING OVER 50 LBS WITHOUT ASSISTANCE!!

1. Assess the situation

- Think about ways to avoid the need to lift/carry by hand. Can you use a mechanical lift, hand truck, cart, or other equipment to help reduce the load on your body?
- Can the load be broken down into smaller parts? Can you slide the load instead of lifting?
- How far will you have to carry the load? Is the path clear? Do a 'dry run' before moving the load.
- Once the load is lifted, will it block your view?

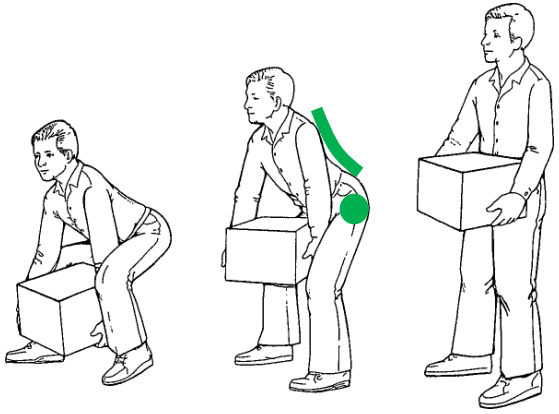


2. Size up the load

- Gauge the weight (push it with foot, slide it, or look inside for contents).
- If it is too heavy or awkward, **STOP** and get equipment, or get help!
- If you have any concern about handling the load safely, **ASK FOR HELP**.

3. Use good lifting techniques

- Get close to the load.
- Get a good grip on the object: use handles, gloves, or add straps if needed
- Use the "Power Lift" technique (see lines at right; red=bad, green= safer): bend at knees + hips, use your legs, and retain your inward low back curve.
- Avoid twisting your spine: pivot with your feet instead.



For more information contact the Ergo Team at ergo@lbl.gov

Revised 5/22/2012

1 Minute

4 Safety

Ergonomics Tips for Two Person Lifting/Carrying

1. Communicate and Plan

- Determine if there is a way you do NOT need to manually lift the object
- Walk the route to identify any obstacles
- Discuss the best strategies: choose who is going to carry the load backward, who goes through doorways first, etc.
- Have another person be a 'spotter': the 'eyes' for anyone walking backwards and to ensure that doorways/ pathways are clear

2. Size up the load

- Gauge the weight (push it with foot, slide it, or look inside for contents)
- If it is too heavy or awkward, **STOP** and use a mechanical lift, hand truck, cart/ other equipment, or break it up into several small loads
- Get a good grip on the object; use handles, gloves, or add straps if needed

3. Size up each other

- *People doing a two person lift should have similar height and strength, or the load will not be easily balanced and shared between the 2 lifters*
- *Coordinate lifting at the same time: count 1,2,3 and lift together on '3'*

For more information contact the Ergo Team at ergo@lbl.gov

Revised 5/22/2012