



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION **RISK REMINDER**

LIFTING

What Can Happen

Back, neck, arm or leg pain; muscle strain or sprain; dislocation of joints - sometimes leading to chronic pain.



What You Can Do

- Clear the path for the lift.
- Move as close to the load as possible and position your feet about shoulder width apart.
- Test the object's weight by lifting one end.
- Tighten your muscles to prepare for the lift.
- Grab the object firmly, keeping the load balanced.
- Bend your knees, keeping your back as straight as possible, and use your legs to lift the object.
- Carry the object close to your body with your elbows bent and upper arms straight.
- Move your feet to turn - do not twist your body.

And Remember

- Wear proper gloves when handling objects that are hot or cold or have sharp edges.
- When putting an object on a surface above the floor (e.g., a bench or counter), place the edge of the load on the surface and slide it into place.
- When reaching above your head or below your waist, put one foot in front of the other and tighten your stomach muscles (this will help transfer the load from your back to your hips and pelvis, which are much stronger).
- Whenever possible, lift with hoists, dollies, hand trucks, conveyors, etc.
- Wear the correct footwear to protect your feet and reduce slip hazards.
- Avoid lifting a load that is awkward or too heavy for you - get help - use a hoist, dolly, hand truck or conveyor, or call another person.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7