

Training Module: Preventing Lifting and Overexertion Injuries

Objective: To be able to lift properly to avoid injuries.

Trainer's Note: Problems can arise from overexertion. On a flip chart list guidelines and suggestions for proper handling. Describe jobs that might result in overexertion. Ask a worker to demonstrate appropriate lifting techniques. Cover some practical tips to avoid overexertion.

Background

Approximately 25 percent of workplace injuries in Ohio result from lifting, pulling or pushing objects. The part of the body most often injured is the back.

Material Handling — Think Before Lifting

- Have a handling plan that avoids slippery hazards and includes a destination.
- Test the load to ensure that it can be safely carried.
- Know the limits! If the load is too heavy, awkward or bulky to carry alone, get help.
- Use machinery or equipment, such as pushcarts, hand truck, wheelbarrow, forklift or hoist.
- Do not overlook the use of levers, incline planes or rollers to move loads.

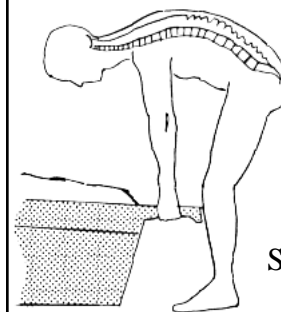
Serious back injuries occur because of improper lifting techniques. Some common improper lifting techniques people often use include:

- Bending from the waist to pick up objects.
- Lifting boxes above the chest.
- Twisting the body to carry or lift a heavy box or object.
- Lifting objects when in poor physical shape.

Guidelines for safe lifting:

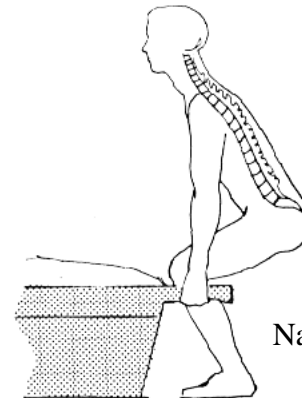
- **Get a good grip.** Grasp the load firmly. Use gloves if they allow for a better grip.
- **Get a good footing.** Center body weight to provides a powerful line of thrust and good balance.
- **Keep it close.** Grasp the load firmly and lift towards the belt buckle. Hold the load close to the body to avoid putting pressure on the back.
- **Lift smoothly.** Raise, carry and lower the load smoothly. Never jerk a load.
- **Avoid twisting.** If turning is required while lifting or carrying a load, turn the feet and body instead of twisting the back.
- **Push.** Push rather than pull the load.

NO!
Wrong Lifting Position!



Stoop Position

Proper Lifting Position!



Natural Position

Review The Following Points

- Approximately 25 percent of work related injuries in Ohio result from overexertion, mainly from lifting.
- Think and plan **before** lifting.
- Push rather than pull the load.
- Use mechanical means whenever possible.
- Avoid twisting when lifting or setting down a load. Turn the body instead of twisting the back.

True or False Answer Key
1. F, 2. T, 3. T, 4. T, 5. T

Preventing Lifting and Overexertion Injuries Quiz

True or False

Name _____

- | | | |
|---|---|---|
| 1. For best results, always pull rather than push a load. | T | F |
| 2. Wear gloves if they allow for a better grip. | T | F |
| 3. Approximately 25% of all injuries in Ohio result from overexertion, mainly from lifting, pulling or pushing objects. | T | F |
| 4. Use mechanical means to handle materials when possible. | T | F |
| 5. To prevent injuries, you should turn the body instead of twisting the back. | T | F |