

# EHS TOOLBOX TALK

## Lifting and Moving Safely

7/9/2020

### TIPS AND IMPROVEMENT IDEAS

Lifting and carrying of heavy loads again and again may lead to a serious back injury. To prevent injuries when lifting or moving materials, consider the following safe practices:

- Check the weight to be sure that you are comfortable with the lift. Do not lift anything you think is too heavy.
- Use handles, handholds, or cutouts, if available.
- Use carts with large wheels. A larger wheel rolls easily and requires less force over door thresholds, elevator gaps, etc. Small wheels get caught on holes and other floor irregularities.
- Bend your knees and, with your back straight, lift the load with a good grip, and keep the load close to the body.
- Do not lift and twist. Lifting and carrying of heavy loads again and again may lead to a serious back injury.
- Get help and coordinate the move:
  - Plan the lift and communicate with your partner.
  - Make sure team members understand their role.
  - Use lift assist equipment or devices whenever possible.

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Be safe today and remain a Buckeye tomorrow.