

Proper Lifting Techniques

When it comes to the construction industry, safety is a critical part of the everyday work environment. Precast concrete company owners and employees need to stay vigilant at all times, and NPCA is committed to providing the resources that can help them establish a strong safety culture and maintain a safe work environment.

The Safety Committee focuses on providing guidance to NPCA member companies to achieve excellence in safety programs and acts as a catalyst for integrating safety in the precast industry. These safety resources are available for use to develop your plant-specific safety manual, educate and train plant personnel and promote a safe culture in the plant environment.

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Preventing back injuries is a major challenge for employers. According to the Bureau of Labor Statistics (BLS), more than one million workers suffer back injuries each year. Typically, Back injuries account for one out of every five workplace injuries and illnesses, and one-fourth of all compensation indemnity claims are a result of back injuries. The pain and discomfort of back injuries can have a dramatic change in an employee productivity.

If back injuries are a concern at your company, consider developing a back injury prevention program. This program should describe many of the aspects included in this training session, such as injury prevention techniques, available lifting equipment, proper lifting technique, and lifting hazards specific to your workplace.

Everything you do both at work and at home impacts your back. Most back injuries can be prevented if you always think defensively about your back. This presentation will discuss what you can do to prevent that injury.



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Before lifting, take a moment to think about what you are about to do:



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Examine the object for sharp corners, slippery spots or other potential hazards

Consider all PPE needed.



Anti-Slip Work Gloves



Cut Resistant Gloves and Sleeves

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Know your limit and do not try to exceed it.



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Ask for help if needed.

Buddy System



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Divide the load to make it lighter.

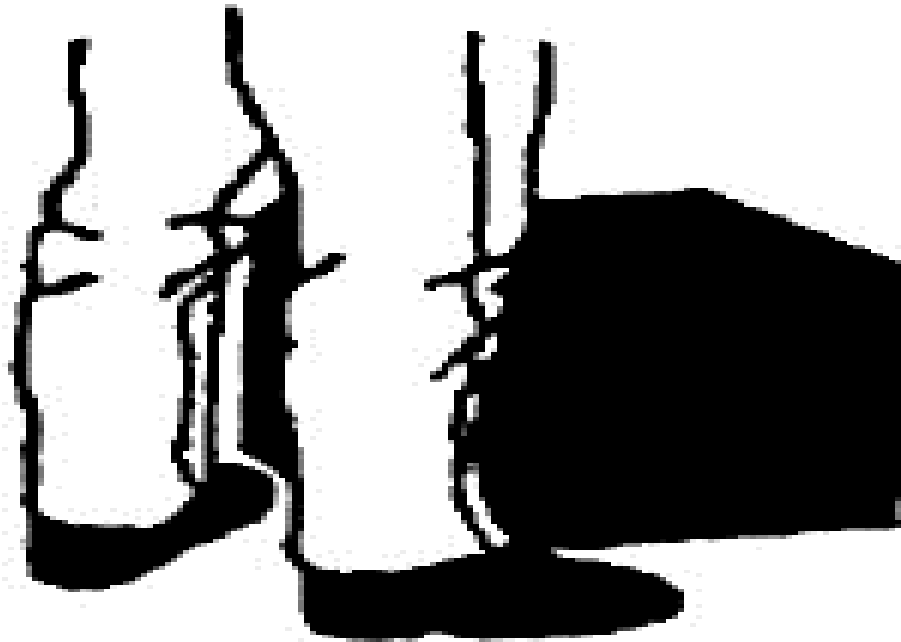


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Know where you are going to set the item down and make sure the destination and your path are free of obstructions



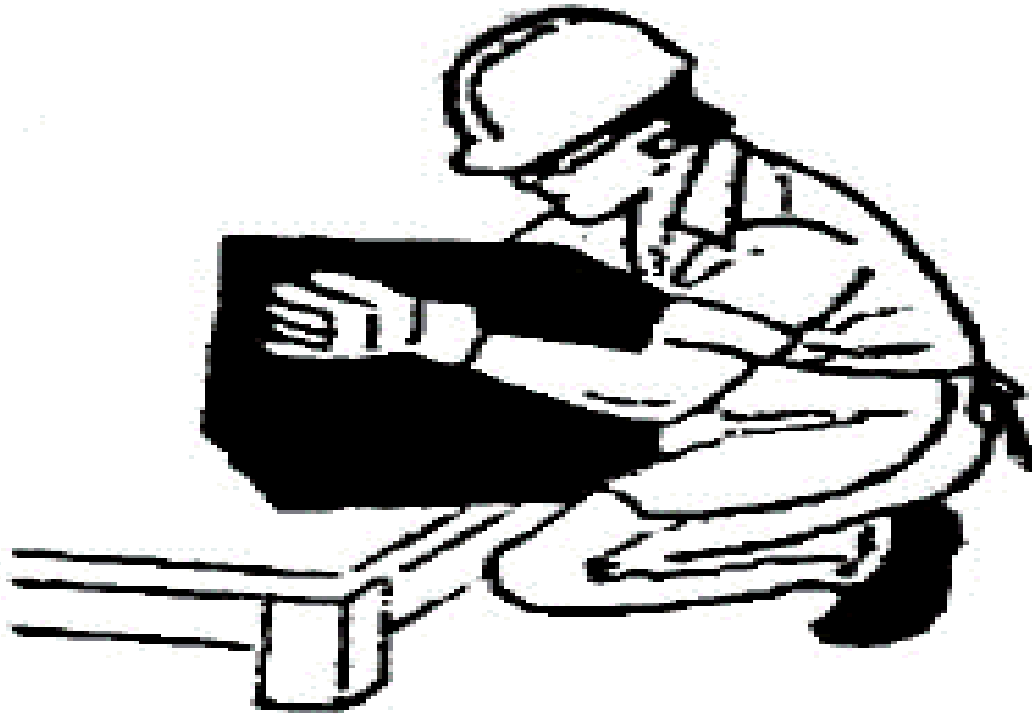
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1

Stand close to the load with your feet spread shoulder width apart. One foot should be slightly in front of the other for balance.

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2

**Squat down bending at the knees (not your waist).
Tuck your chin while keeping your back as vertical as possible.**

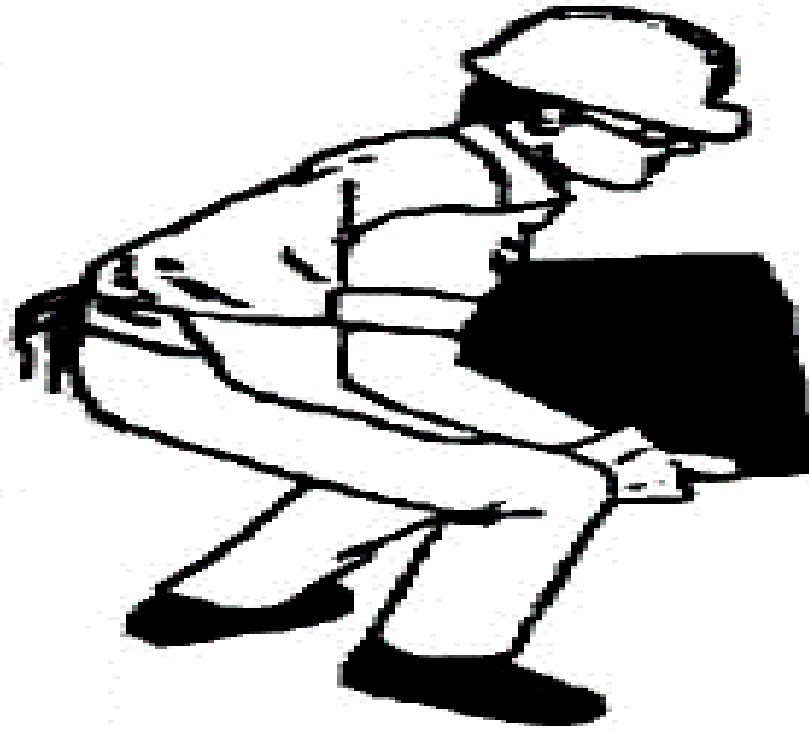
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3

Get a firm grasp of the object before beginning the lift.

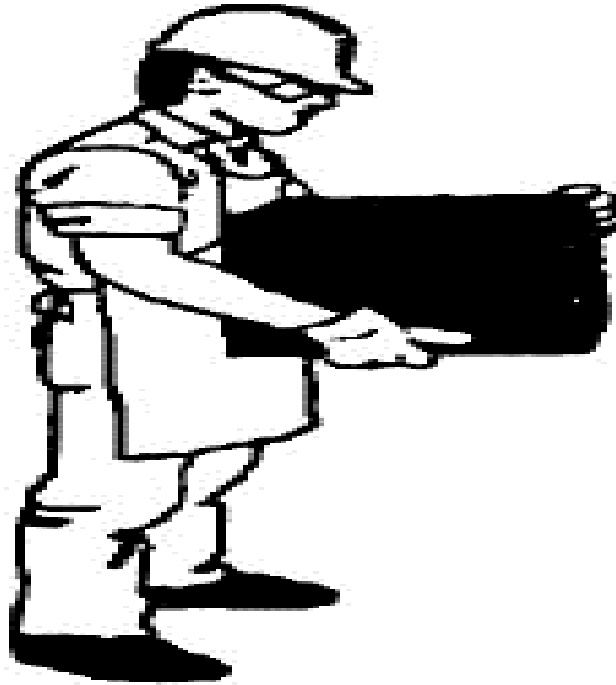
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4

**Slowly begin straightening your legs, lifting slowly.
Never twist your body during this step.**

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5

Once the lift is complete, keep the object as close to the body as possible. If the load's center of gravity moves away from your body, there is a dramatic increase in stress to the lumbar region of the back.

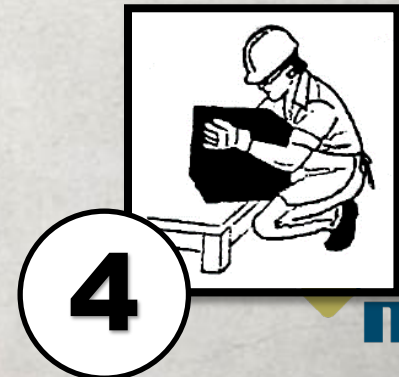
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If you must turn while carrying the load, turn using your feet, not your torso.



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To place the object below the level of your waist, follow the same procedures in reverse order.



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Remember to keep your back as vertical as possible, and bend at the knees.

