



Lifting and Carrying Materials



Back injuries are caused by lifting and carrying heavy materials, working in awkward positions, and bending often to lift materials off the ground. Construction has one of the highest rates of back injuries of any industry.

Jeff's Story

Bags of concrete had been delivered to a construction site, but the forklift normally used to move the pallets was in the shop for repair. Rick and other members of the masonry crew were told to lift and carry the 60 pound bags to a safe area so that no one would stumble over them. They were not provided with lifting equipment or told to lift as teams. The next morning, Rick had serious back pains and went to the doctor. The doctor told him that he had damaged a disc in his lower back and could not return to work.

- ✘ Have you ever had a back injury from lifting and carrying or do you know anyone who has?**
- ✘ If so, what happened?**

Remember This

- Never try to lift an item weighing over 50 pounds by yourself.
- Use lifting equipment like a dolly to lift heavy objects or ask for help with heavy or awkward objects.
- Coordinate and practice team lifting prior to the lift.
- Tuck in your chin to keep your back as straight as possible while lifting.
- Lift with strong leg muscles, not your back.
- Avoid twisting your body while carrying an object.
- Plan your lifts; make sure the path is clear prior to lifting.

How can we stay safe today?

What will we do at the worksite to prevent being injured from lifting and carrying items?

1. _____

2. _____

OSHA Standard: Section 5(a)(1) of the OSHA Act

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- ✘ Use mechanical equipment like a dolly to lift heavy objects, if at all possible.
- ✘ Never try to lift an item weighing over 50 pounds by yourself.
- ✘ Plan your lifts; make sure the path is clear prior lifting.