

May 2013

# SAFETY BULLETIN

## SAFETY STATISTIC:

**Musculoskeletal disorders, including lifting, accounts for approximately one-third of all workplace employee injuries. In our schools, this continues to be a leading cause of injury and significant costs. Please distribute the attached "Lifting Basics" bulletin to your staff and post on your safety bulletin boards.**



*Creating Safer, Healthier  
School Environments*

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To learn more, please review the attachment.

For further training or to schedule a Customized Training Program at a time and location that is convenient to you, contact:

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# Lifting Basics

*Safe lifting can save you from serious injury.*

## Think Before You Lift

**?** Do you have firm footing and a clear path?  
**!** Is it safe to lift it alone?

*Ask a coworker for help or get mechanical help if a load is heavy or awkward.*

## Lifting the Load:



### 1. Tuck your pelvis

...by tightening your stomach muscles, to keep your back aligned. Keep your feet shoulder-width apart.



### 2. Bend your knees

...to let your legs do the lifting. Be sure to maintain the natural curve of your back.



### 3. Hug the load

...to keep under it as much as possible. Be sure to grasp the load at opposite corners.



### 4. Avoid twisting

...by pointing your feet, knees and chest in the same direction. Lift the object and then turn your whole body.

**Putting It Down:** Use the same technique in reverse.