

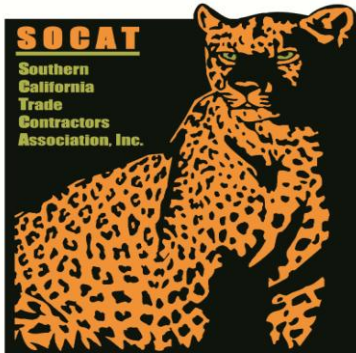
Southern California Trade Contractors Association, Inc.

SAFETY NEWSLETTER

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SAFE LIFTING



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Lifting is involved in every industry and occupation-especially construction. Repeated incorrect lifting can result in a variety of injuries. Lower back strain is the most common back injury, as well as herniated discs. Using correct and safe techniques can greatly reduce the possibility of injury.

Safe techniques also increase your potential for maintaining correct and natural posture during the lift. Your back maintains three natural curves, the neck, mid, and lower back. Maintaining these three curves minimizes pressure on the discs and maximizes lifting strength.

There are many different techniques which will vary depending on the type of lift being performed. Follow these guidelines while performing a lift and decrease the chance of injury.

- Size up the load and decide if you can handle it alone or need assistance
- Ask for help if you think it's too heavy
- Check for obstacles ahead and behind you before performing your lift
- Keep feet shoulder width apart



FARMERS

- **Lift with your legs, bend at the knees, not at the waist. Let your legs do the work.**
- **Keep the load close to your body, greater strength and stability is achieved with the load near your waist**
- **Use your feet to change direction, not your upper body. Don't twist your torso while carrying something.**

If your lift requires assistance please use these tips.

- **Determine in advance who is the leader**
- **Plan the lift together prior to performing the lift**
- **Lift and lower the load in unison, sharing the load evenly**
- **Communicate with your partner during the lift and move.**

Back belts and supports have not proven to be effective in preventing injury during lifting. A belt or support should be used as a reminder to keep your back in the proper positing and to use your legs while lifting.

To reduce your chance of injury and back pain, maintain good posture, be physically fit and educate yourself on how the back works. Being alert focused, and remembering these tips will greatly reduce your risk of injury. If you are ever in doubt about a lift ask your supervisor or co-worker for help.