



lifting safety 101: make it right from the start.

safe lifting: part employee, part employer

Many lifting-related injuries result from employees' improper lifting techniques. Employers have many opportunities to decrease the risk of lifting injuries.



follow proper lifting parameters

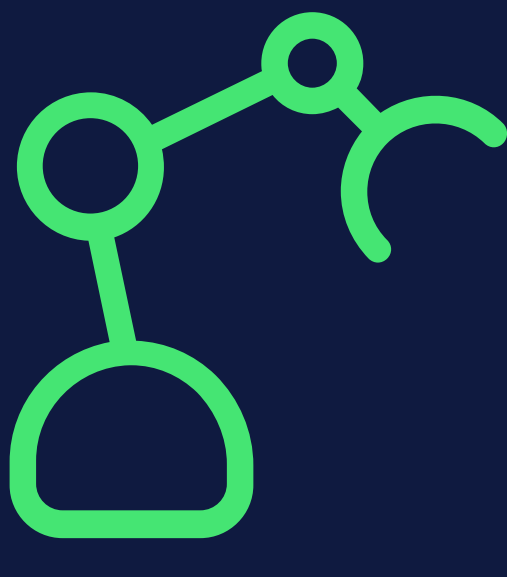
Lifting activities should be appropriate for each employee, including type, frequency and duration. Items should:

- meet weight requirements
- be of an appropriate size and compactness
- be stable
- include handles when appropriate

aim for easiest lifting

Reduce the need for an employee to bend down or reach above the head by assuring:

- items meet lifting safety range (between knee and shoulder height)
- pallets or shelves are at the appropriate level
- employees can maintain contact with the lifted item



use lifting aids when necessary

Initial costs may seem high, but lifting aids can offset the cost of workers' compensation claims and lost work days. Consider:

- conveyors
- pneumatic lifts
- pallet positioners or rotators
- ergonomic back braces

train and retrain employees

- consistently remind employees of proper lifting techniques
- ask experienced employees to participate in lifting training and share why safe lifting is "worth it"



train on the basics

- 01 Get a good, wide stance.
- 02 Keep your back straight, knees bent.
- 03 Test the weight first. Don't overestimate your ability.
- 04 If it feels like you can lift it, keep the object close to your body.
- 05 Keep your head up and focus eyes upward.
- 06 Keep elbows in and point toes in direction of the lift.
- 07 Lift with your legs, not your back, in a smooth motion. Don't lift with a jerk!
- 08 Turn with a straight back; don't twist or bend to change direction.

bureau of
labor statistics'
data shows



1 million

annual work-related back injuries in U.S.

3/4

of back injuries are sustained when an employee is lifting

Lifting-related incidents are the second-most frequent workplace injury, after slips, trips and falls.

Maintaining a safe working environment is every employer's responsibility.

An ongoing safety education program communicates safe lifting techniques and demonstrates the value of lifting safely.

Randstad believes firmly in the value of a safe workplace and provides lifting-specific training to all talent. We are poised and ready to deliver skilled and safety-trained employees for a full range of positions. With the right talent on board, just think what more you could do to drive your business success.

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