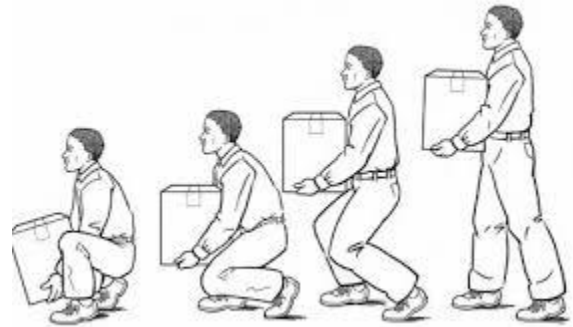


# OHBA Safety Pages: Lifting and Carrying

**Introduction:** 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.



## **Main Message:**

- Whenever possible, use mechanical equipment like a dolly to move heavy objects horizontally.
- Never try to lift an item weighing over 50 pounds by yourself.
- Plan your lifts; make sure the path is clear and you are facing the direction of travel before lifting.
- While lifting, tuck in your chin to keep your neck straight, and keep your back as straight as possible.
- Lift with the leg muscles, which can help protect your back.
- Ask for help with heavy or awkward objects.
- Avoid twisting your body while carrying an object.
- Coordinate and practice team lifting before using it for moving objects.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

SAFETY PAGE MEETING GUIDE

Topic: Lifting and Carrying

Employer: \_\_\_\_\_ Project: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

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Follow up on recommendations from last safety meeting:

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Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)