

# Safe lifting practices

## Sprains are a pain!

Manual materials handling hazards contribute to a significant number of strain and sprain injuries year over year. Here are some safety tips to prevent these hazards from creating the **potential for injuries when lifting materials**.

Be aware of...	Use this best practice!
✗ Awkward objects with few or no handles that are difficult to move or that can fall during transport	✓ Use dollies or carts to move awkward items (ensure carts have edges to prevent objects from falling off)
✗ Cluttered laneways with items strewn where people walk	✓ Regular housekeeping protocols, such as scheduled cleanups and designated storage areas for materials
✗ Poor posture, including lifting with a bent back or twisting while lifting	✓ Training on safe lifting techniques emphasizing straight backs, bent knees, and avoiding twisting motions
✗ Poor lighting, making it difficult to see obstacles or to properly assess the weight of a load	✓ Adequate lighting in all work areas and walkways, with regular maintenance to ensure lighting is functional
✗ Assuming one person is capable of lifting a heavy object	✓ Implementing and applying a team lifting policy for loads above a certain weight
✗ Lifting an object without knowing its weight or center of gravity	✓ Labelling loads with weight and centre of gravity considerations

**Workplace Safety North's Health and Safety Specialists are here to support you** as you focus on manual materials handling hazards throughout the year. For support in preparing for this year's compliance initiative from the Ministry of Labour, Immigration, Training and Skills Development, contact us. Visit our website for more information.