**Manual Lifting SWP**

**Background:**

**Manual lifting is one of the major causes of soft tissue injuries in the workplace. Some of these injuries can be severe, resulting in debilitating conditions which can last a lifetime. Take time to think about how to best perform the lift; never attempt to lift something which is too heavy, awkward or big without obtaining assistance.**

**Hazards:**

* Muscle Strain Injuries
* Crush injuries
* Damages

**PPE Required:**

* Eye protection, as required
* Gloves, as required
* Closed Toed Footwear with good ankle support (CSA approved toe protection required when lifting heavy objects
* Safety vest when working around mobile equipment or traffic
1. **Pre Set-Up:**
* Ensure the area is free of debris (remove tripping hazards)
* Check the area that you are moving the object to. Ensure that the area is free of debris and tripping hazards.
* Know what your lifting capacity is. Know what you’re lifting and approximately how heavy it is. Get assistance to lift heavy objects.
1. **Procedure:**
* Move close to the object you are lifting.
* Bend at the knees, keeping your back straight, feet should be shoulder width apart.
* Have a firm grip on the object and test the weight of the object. If you feel uncomfortable, do not lift object. Get assistance to lift it.
* Lift straight up keeping the object as close as possible.
* Face area where you are depositing object. Turn by stepping in the direction you are going.
* When lowering the object, reverse the procedure.
1. **Post Procedure/Take Down**

Ensure that the work area is left tidy and free of debris and tripping hazards.

1. **Summary:**
* Wear all PPE
* Know what your lifting capacity is. Know what you’re lifting and approximately how heavy it is. Get assistance to lift heavy objects.
* Lift with a straight back, never twist your back while bearing weight
* Avoid lifting objects repetitively over shoulder height
* Never lift or obtain heavy objects from over shoulder height, obtain an appropriate step ladder or rolling staircase with locking wheels.

