EHRS Fact Sheet

Proper Lifting

Improper lifting of materials in the workplace can cause workers to experience musculoskeletal injuries. Workers should utilize proper lifting techniques when handling material in the workplace.

1. **Bend at the knees**
2. **Ensure there is a good grip on the material**
3. **Lift the material using the legs, not the back**
4. **Keep the material close to the body when lifting**
5. **Avoid twisting**



Workers should assess all materials prior to lifting to determine if the material can be lifted alone or if additional worker or mechanical assistance is needed.



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