LIFTING SAFETY: WHAT NOT TO DO

OSHA does not have a specific standard for heavy lifting hazards to employees. The General Duty Clause states that each workplace must be free of recognized hazards that create the potential for serious injury to employees. OSHA encourages all employers to provide a safe workplace through training and education. This may help to reduce or prevent injuries from heavy or unsafe lifting.

What Not to Do:

- Do not try to lift an object that is extremely heavy by yourself.
- Do not carry an object that weighs more than 30 pounds.
- Do not push yourself past your limits.
- Do not rely on a back belt to protect you.
- Avoid twisting.
- Do not use your upper body.
- Do not carry anything unnecessary.
- Avoid carrying a load for a long distance.
- Do not lift heavy or bulky loads by yourself.
- Avoid lifting with one hand.
- Do not lift heavy objects for long hours.
- Do not lift when you are sitting or kneeling.
- Do not lift an unstable object.
- Do lift heavy objects in small spaces.
- Do not lift the load if you can use equipment to lift it.
- Avoid lifting if you are pushing something.
- Do not lift or carry any object if you are wearing slippery shoes.
- Do not use your upper body to lift a load.
- Avoid lifting above shoulder level.

Work Site Review: Hazards/Safety Suggestions

____________________________________  _____________________________________  _____________________________________
____________________________________  _____________________________________  _____________________________________

Manager/Supervisor’s Signature:

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Employee Signatures: (continue on back of sheet if necessary)

____________________________________  _____________________________________  _____________________________________
____________________________________  _____________________________________  _____________________________________

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)