



KCA TOOL BOX TALK: Lifting and Carrying Materials

Back injuries account for 25 percent of construction injuries. Construction has the second highest rate of back injuries of any industry.

Signatures

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Preventing Back Injuries from Lifting and Carrying:

- Always use mechanical equipment like a dolly to lift heavy objects when possible.
- Never try to lift an item weighing over 50 pounds by yourself.
- Plan your lifts and make sure the path is clear and you are facing the direction of the travel prior to lifting.
- Tuck in the chin to keep the back as straight as possible while lifting.
- Lift with the strong leg muscles, not your back. Ask for help with heavy or awkward objects.
- Avoid twisting your body while carrying an object.
- Coordinate and practice team lifting prior to the lift.

For more information visit OSHA STANDARD Section 5(a)(1) of the OSHA Act