



Safe manual handling tips for construction workers

1. **Clear pathway:** Before you move things from one place to another, be sure you have a clear pathway. Always plan your lift.
2. **Use proper equipment:** Examine the materials handling task for risks, and determine what you will need to safely finish the task. For example, a cart or dolly may make it easier.
3. **Check weight:** Check the weight of the object you are moving to see if you need help. If you can't move it with one foot, you should get help.
4. **Ask for help:** You may need a second person. Learn to lift as a team.
5. **Take your time:** Injuries can happen when tasks are rushed.
6. **Keep back straight:** If possible, keep your back straight and vertical to the ground. Keep your head up and looking straight.
7. **Lift with the knees:** Bend your knees when lifting or pushing; don't stoop over an object. Use the strength of your legs. While this won't guarantee that you remain injury free, it helps reduce the risk.
8. **Hold object close:** Always bring the object as close to your body as possible to reduce the strain on your back. The closer you hold it, the less compressive force you put on your low back.
9. **Tighten the stomach:** Tighten your stomach muscles to help stabilize your back during a lift.

