

Safe Lifting Construction

What are the reasons employees in the construction business injure their backs? How do we pull or strain the ligaments and tendons that support the spine? Share the tips below to prevent injuries.

Tool Box Tips

HOW WE INJURE OUR SPINE

- Repetitive lifting
- Twisting while lifting, instead of turning on our feet
- Falling while carrying a load
- Slipping while carrying a load
- Losing grip, causing the load to shift
- Carrying bulky objects, with arms outstretched
- Carrying objects that are too heavy
- Uneven walking surfaces
- Climbing stairs while carrying objects
- Using the spine to do the lifting instead of your legs

INJURIES OCCUR OVER TIME

Ever heard of a coworker that literally bent over to pick up a screwdriver and hurt their back? Did reaching over and picking up the screwdriver do it or did they have a pre-existing injury that just showed up?

WHAT CAN YOU DO

- Break down loads. Break a case of six down to two loads of three. Don't carry entire bundles — break them down.
- Use a machine. Find out what machines on the job site can do the lifting for you. Skid steer, loader, pickup truck, dolly.
- Use extension cords and longer air hoses, and leave generators, welders and compressors in the truck.
- Use wagons and dollies to move tool boxes, supplies, crates.
- Team lift — ask a coworker to share the load.
- When getting supplies delivered, get them unloaded as close as possible to where they're needed.
- Pick up trip hazards on stairs, walkways and use gravel to make ramps over footings or concrete pad edges.
- Wear proper footwear for the jobsite — no tennis shoes.
- Think about the lift — don't hurt yourself!

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Make machines do
the work.



Don't treat your spine like a
machine!



Compressors and job boxes
are too heavy for one person
to lift.