



## **Hazard Summary** **Lifting Injuries**

A worker was carrying a 5-gallon gas can and began to feel pain in their back. The worker continued to work for the remainder of the shift and felt the pain grow progressively worse the next day.

The worker sought medical attention and was diagnosed with lower back strain. They missed six days of work due to the injury. The WSCC accepted a claim for medical treatment and compensation for time lost from work.

### **Safe Work Practices:**

Regardless of what you lift, follow these basic techniques:

- Keep your back straight. Bend at your knees, not at your waist. This will help you keep your centre of balance and allow your leg muscles to do the lifting;
- Keep the load (weight) as close to your body as possible by grasping the load between your knees. Make sure your stance is comfortable and solid, with good foot placement shoulder width apart;
- Lift smoothly and slowly;
- Avoid awkward work postures like bending, reaching, and twisting. Keep the load between your knees and shoulders, without twisting your body. Pivot your feet instead of twisting your back;
- Whenever possible, don't lift or carry heavy objects. Instead use an aid such as a cart, dolly, trolley, or hoist;
- Get help from others when you need it.

The WSCC is committed to safety. For more information on workplace health and safety, call us toll-free or visit our website.