



# Lifting and Carrying Materials

*Back injuries are caused by lifting and carrying heavy materials, working in awkward positions, and bending often to lift materials off the ground. Construction has one of the highest rates of back injuries of any industry.*

## Jeff's Story

Jeff worked on a masonry crew at a construction site. Over the course of a day, Jeff and his crew moved 200 30-pound bags of concrete from the delivery location to the work area by hand because they thought it would take less time than finding a cart or forklift to do the job. His back began to bother him, but he wrote it off to just being part of the job. The next day the pain became so bad that he had to leave work and see his doctor. They told Jeff that he had damaged a disc in his lower back and could no longer do that kind of work.

- ✘ **Have you or someone you know ever had a back injury from lifting and carrying? If so, what happened?**
- ✘ **How could the injury have been prevented?**

## Remember This

- Whenever possible, use mechanical equipment like a dolly to move heavy objects horizontally.
- Never try to lift an item weighing over 50 pounds by yourself.
- Plan your lifts; make sure the path is clear and you are facing the direction of travel before lifting.
- While lifting, tuck in your chin to keep your neck straight, and keep your back as straight as possible.
- Lift with the leg muscles, which can help protect your back.
- Ask for help with heavy or awkward objects.
- Avoid twisting your body while carrying an object.
- Coordinate and practice team lifting before using it for moving objects.



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*Play the Game!*

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