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Weekly Toolbox Talk

Proper Lifting Techniques

LIFTING METHOD #1 – STARTING FROM KNEELING

1. Start in a safe position

Before you lift a heavy object, think through your task. Decide where you'll place the object and how you'll get it there. If an object is too heavy to lift safely, *find someone to help you*. When lifting an object from the floor, stand as close to the object as possible. Then, kneel, resting one knee on the floor. Don't lift from a standing position with your waist bent or your knees locked.

2. Maintain the natural curve in your lower back

With one knee resting on the floor, tighten your core muscles — including the muscles in your abdomen, back and pelvis — and lift the object between your legs. Maintain the natural curve in your lower back, and don't hold your breath. Be careful to hold the object close to your body. Rest the object on your knee as you prepare to stand.

3. Use your legs

As you stand, maintain the natural curve in your lower back and keep your core muscles tight. Use your leg muscles — not your back — to lift the object.

LIFTING METHOD #2 – STARTING FROM SQUATTING

1. Squatting instead of kneeling

As another option, squat rather than kneel to lift an object from the floor. Stand as close to the object as possible, positioning it between your knees as you squat. Keep your feet parallel, or stagger one foot ahead of the other.

2. Let your legs do the work

As you stand, be careful to hold the object close to your body. Maintain the natural curve in your lower back, and keep your core muscles tight. Use your leg muscles — not your back — to lift the object.