



NSC ~ SAWHORSE ADVISORY – August, 2020

The management of NSC is pleased to offer this SAWHORSE ADVISORY. This is part of our continuing effort to ensure that our workforce remains as safe as humanly possible, both on and off the NSC worksite

A staggering 80% of adults are estimated to experience a back injury in their lifetime! Many of these injuries are to the lower back and happen while lifting objects.

We have included a few tips for safe lifting to use at work or home to help prevent injuries.

Recommended Safe Lifting Practices

- Prior to lifting, determine the weight of the load by pushing on the object.
- If you determine the weight to be large, reduce the load by splitting it in half or more.
- Do not try to lift objects beyond your capability. If you have to strain to lift or carry a load, then it is too heavy for you.
- If the weight of the load is beyond your capability, find someone to assist you with lifting the load or use a forklift, dolly, or hand truck to move the load.
- Before lifting a package, make sure the contents are secure and the weight is balanced so the contents will not shift when moved.
- Stand close to the load with your feet slightly staggered and spread apart to about shoulder width.
- While maintaining a straight back, squat by bending your knees.
- Firmly grasp the object and begin slowly lifting with your legs.
- Do not twist your body while lifting at a controlled speed. Keep the object's center of gravity as close to your body as possible.
- Carry the load between the shoulder and waist.
- If required to turn while carrying the load, turn with the feet and not with the trunk of the body.
- Do not walk on slippery or uneven surfaces while carrying a load.
- To set down a load, lower yourself at a controlled speed by bending your knees while maintaining a straight back.
- Take frequent breaks when lifting and carrying many loads. Do not overtire yourself.
- Studies conducted by the National Institute for Occupational Safety and Health (NIOSH) concluded there was insufficient evidence to recommend the use of back belts to prevent back injuries.