

## **Bending, Lifting and Climbing**

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## **Bending**



## Lifting



- Avoid loose clothing, clothes with strings, tie back long hair
- · Perform warm-up exercises
- · Bend safely, using these steps:
- 1. Maintain good back posture; raise and lower body with legs
- 2. Stand with feet shoulder-width apart, one foot slightly in front of the other
- 3. Keep back straight, hold in stomach muscles
- 4. Move down to a squatting position using your leg muscles
- 5. Shift from leg to leg when squatting, keeping body balanced
- 6. Keep your body straight; turn feet and arms, not back, to reach for objects
- 7. Do not stay in any one position for more than a few minutes
- 8. If lifting is included in task, use proper lifting techniques
- · Avoid loose clothing, clothes with strings, tie back long hair
- · Perform warm-up exercises
- · Determine object weighs less than 25% of body weight; can carry it without straining
- · Access object without obstruction
- · Lift objects safely, using these steps
  - 1. Stand close to the object
  - 2. Spread feet wide to straddle the object
  - 3. Squat, bending knees and hips
  - 4. Keep head up and your back straight
  - 5. Hold in stomach muscles
  - 6. Lift using leg muscles, slowly and steadily
  - 7. Keep the load close to body
  - 8. Turn feet, not back, in the direction you are going

## Climbing



- · Avoid loose clothing, clothes with strings, tie back long hair
- · Perform warm-up exercises
- · Climb safely, using these steps
  - 1. Check that ladder is safely set
  - 2. Grasp alternate rungs and take first step
  - 3. Pause and think about whether or not the ladder feels stable
  - 4. Climb up, keeping feet and hips within sides of ladder frame
  - 5. Always maintain three contact points, for example, two hands and one foot
  - 6. Keep head up and back straight
  - 7. Concentrate on the climbing process
  - 8. Do not climb beyond the third rung from the top



