

Safe Lifting Checklist

for Frontline Workers



Back injuries are one of the most common workplace injuries, affecting more than one million workers each year and accounting for one in five workplace injuries or illnesses¹. Three out of four lower back injuries occurred while the employee was lifting.

The cost to businesses is substantial—a single workers' compensation claim for a back injury can range from \$40,000 to \$70,000², not to mention lost productivity and strain on your workforce.

Preventing these injuries starts with proper lifting techniques. Use this **Safe Lifting Checklist** to help keep your team safe, reduce claims, and keep your business running smoothly.

1. Prepare to lift

- Check the weight and size before lifting:** If it's too heavy or bulky to handle alone, don't risk it—get help.
- Inspect your path:** Examine the path you'll be taking. Remove any obstacles or potential hazards before moving.

2. Lifting properly

- Face the object, avoid twisting:** Align your toes and hips with the object to keep your spine safe.
- Get close to the load:** Take a wide stance as close to, or over, the object to avoid overreaching and reduce the strain on your back.

¹U.S. Bureau of Labor Statistics

²Workers' compensation costs by part of body, 2021-2022, National Safety Council

2. Lifting properly (continued)

- Bend at the knees, not your waist:** When preparing to lift, squat down by bending your knees and maintain the natural curve of your back.
- Engage your legs:** Push through your heels to generate a smooth, steady motion. Don't jerk.
- Keep your feet flat:** Ensure both feet stay flat on the ground to maintain balance.

3. Carrying the load

- Hold close to your body:** Carry the load as close to your body as possible, preferably near your waist.
- Move your feet:** Step or pivot. Nose over toes (don't twist).
- Adjust for overhead lifting:** When lifting overhead, set the object on a table or shelf and reposition it so your arms are doing the lifting. Use a ladder or step stool when possible.

4. Lowering the object

- Lower with control:** Take a wide stance, keep your feet flat on the ground, and bend your knees as you lower the object.
- Use one knee for heavy items:** You can go down to one knee to help "bridge" the weight as you set the object down.

How Kinetic wearables keep workers safe

Even with proper lifting techniques, repetitive movements and fatigue can lead to injuries. Kinetic's Reflex wearable devices detect high-risk movements in real time, alert workers before an unsafe lift becomes an injury, and help build new habits that prevent costly workplace back injuries.

Protect your employees. Lower your claims. Learn more at kineticcomp.com.

Pro Tip

When you bend at the waist to lift, the pressure on your back is approximately 10 times the actual weight of the object you're lifting.

"If you go to make the lift and the device vibrates, don't make the lift. If you're already lifting, get rid of the weight."

**National Senior SH&E
Development Manager, Food and
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