

Montana Ag Safety Program



Lifting and Carrying

- Make sure the item to be lifted is not too heavy or bulky. Check for good places to grip. Make sure there is enough room for movement and the area provides for good footing.
- ASK FOR HELP. If there is any doubt you can move the object by yourself (too heavy, awkward shape, etc.), ask for assistance.
- Use proper technique:
 - Stand close to the item to be lifted with feet shoulder width apart.
 - Grip firmly using a palm grip.
 - “Tense” your back, shoulder, and arm muscles. Tuck your chin.
 - Keep arms and elbows close to body.
 - Straighten your knees and stand using your leg muscles to lift.
- Avoid quick or jerky motions.
- Use a mechanical aid (hand truck, cart, dolly, etc.) or move the object by pushing, pulling, rolling, or sliding whenever possible.
- Avoid motions that require lifting and twisting simultaneously. If turning is necessary, turn your feet and body rather than twisting your back.
- Use similar technique for lowering or placing the item after lifting.
- Avoid carrying the load more than 10 feet without some type of mechanical assistance.
- Avoid lifting from the floor or above shoulder level, whenever possible.



These safety rules have been written and provided to you for your safety. Your signature below indicates you have read and understand these rules, and further, that you accept the responsibility of always using good judgment to make workplace safety your number one priority.

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