

# Lifting - Landscaping Infographic

**Manual materials handling involves moving objects by lifting, lowering, pushing, pulling, carrying, holding, or restraining.**

## SAFE LIFTING AT WORK

**STEPS TO LIFT SAFELY**

- 1 Before lifting, check to see if mechanical aids such as hoists, lift trucks, dollies or wheelbarrows are available.
- 2 Plan and prepare for the lift. Protect your feet and hands with sturdy shoes and work gloves. Test the load for weight and stability. Get help with heavy or awkward loads.
- 3 Grasp with both hands. Keep the item stable.
- 4 Slide and/or pull the load toward your stomach, tightening the muscles as you get ready to lift.
- 5 Lift the load as close to your body as possible.
- 6 Stay centered. Hold the load between shoulder and knee height and don't overreach.
- 7 Step or pivot while moving with a load. Don't twist or side bend.
- 8 Try not to bend. If you must, bend your knees to reach or place low-level objects.

**TIPS FOR WORKERS**

- Take rest breaks to relax tired muscles and prevent fatigue from building up.
- Report any discomfort you experience during work.
- Know how to recognize a lifting hazard and report concerns.

**HOW EMPLOYERS CAN DECREASE LIFTING DEMANDS**

- Eliminate heaving lifting tasks.
- Plan the work flow. Poor planning of the work flow may result in repeated handling of the same object.
- Decrease the weight of handled objects to acceptable limits.
- Reduce the weight by assigning two people to lift the load or by splitting the load into two or more containers. Use lightweight but sturdy containers to help decrease the weight of the load.
- Change how the load is moved. Lowering objects causes less strain than lifting. Pulling objects is easier than carrying. Pushing is less demanding than pulling.
- Change work area layouts. Reduce the horizontal and vertical distances to lower work demands. Reduce the travel distances as well.
- Pace the work appropriately, especially repetitive handing tasks. More time between tasks reduces the frequency of handling and allows for a rest period.
- Alternate heavy tasks with lighter ones to reduce the build-up of fatigue.

**Note that there is no single correct way to perform every lift. Onsite, task-specific training is essential.**

**CCOHS.ca**  
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>