



HSE BULLETIN

Issue 77 Jan 2024

LIFTING TECHNIQUES AT WORK PLACE

Risks associated with lifting operations

Risks of manual lifting

Manual lifting tasks with high loads or frequencies may induce musculoskeletal disorders (MSD), e.g. low back pain. According to the Working Conditions Survey 36.5% of the construction workers reported work related back aches. In addition, acute trauma such as cuts or fractures due to accidents may occur from manual lifting task.

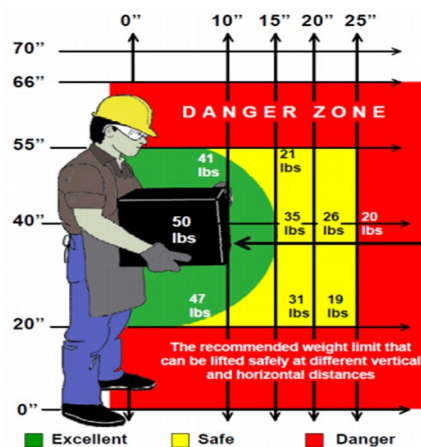


What makes manual lifting hazardous?

There are several risk factors that may increase the occurrence of injury from manual lifting [Ergonomics | musculoskeletal disorders | Risk factors for musculoskeletal disorders in manual handling of loads].

The load, which may be:

1. Too heavy
2. Too large
3. Unbalanced or unstable objects movements of the load can make the worker lose their balance and fall
4. Difficult to grasp



The Recommended Weight limit that can be lifted safely at different vertical and horizontal distances (inches)

Correct way of lifting

- Squat to lift and lower
- Do not bend at the waist
- Keep your back straight while bending over
- Keep the weight as close to you as possible
- Bow your back in and raise up with your head first
- If you must turn, turn with your feet, not your body
- Never jerk or twist!
- Put the weight down by keeping your low back bowed in
- Keep your feet apart, staggered if possible
- Wear shoes with non-slip soles



SAFETY QUIZ

Which of the following fire extinguishers is used to put out fires caused by flammable liquids?

- (A) Class A water fire extinguishers
- (B) Class B carbon dioxide fire extinguisher
- (C) Class C dry chemical fire extinguisher
- (D) None of the above

(Please Send your answer by email to HSE@aimsgt.com)

Last months Safety Quiz

Answer is :

Strains and Sprains

The correct answer was sent by

1. Anupama-Tech Support
2. Viquar- Tech Support
3. Sudeep Palkar- Procurement
4. Jhansi Chava

Congratulations!!

