

Lifting Safety

All of us at one time or another are going to lift something. Most of us immediately think of moving heavy boxes, or appliances, however, lifting anything incorrectly can cause injuries. In addition to warming up and stretching, follow these tips to stay safe:

- Make sure your work area is clear of spills, clutter and debris to prevent any slips.
- Never lift more than 50 lbs without equipment or a partner.
- If an item is too heavy for people to move, use proper equipment such as a forklift, or dolly.
- Using your legs to lift and a wide stance for balance, as well as avoid twisting or bending from the waist.
- Sit down items in the same way you picked them up, make sure that you do not bend or twist.
- Do not lift if you are injured, without seeing a doctor first. It's easy to keep pushing through to finish the job but this can lead to significant safety hazards for you and others you work with.

Although, this isn't an exhaustive list, following these few simple tips will help to prevent injuries and help reduce the risk of damaging items from dropping them when it's just not feasible to lift them for long periods of time or in a secure manner. For more information on safe lifting, or equipment permits contact the Pueblo Fire Department at 719-553-2830.