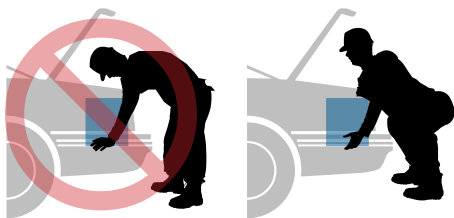




Landscape Lifting



Back injuries account for nearly one in every five job-related injuries in California workplaces. Injuries not only impact job completion, but more importantly impact the worker. These types of injuries can be eliminated if proper lifting techniques are integrated in the work place.

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Learn and practice safe lifting techniques to avoid a back strain or injury when lifting your landscaping supplies (soil, trees, rocks, etc.). Use ergonomic tools and lifting/moving devices whenever possible. Remember these proper safe lifting practices:

- If possible, eliminate lifting by using handling devices, such as carts or wheelbarrows
- Lift safely
 - Know the weight about to be lifted
 - Get close to the object
 - Bend at your hips and knees
 - Keep the weight close to your body and lift with your legs
- Use gloves when needed to improve your grip
- Lift smoothly and slowly
- When loading an object, keep the load between your knees and shoulders
- If you can't lift it alone, always get help
- Plan the job
 - Arrange the work area to minimize excessive lifting, carrying, or awkward postures
 - Move the vehicle closer to the load, when possible, to reduce carrying materials long distances
- Don't twist or stretch into an awkward position to reach something, instead turn and pivot your feet towards the object
- When moving heavy materials, carry several smaller loads instead of one large one
- Use the proper tools from the ground when reaching branches that are too high, to prevent an injury from occurring
- Foremen/supervisors need to observe and coach their employees to do each job safely
- Avoid repetitive motions
- Take time to stretch during breaks
- During tailgate and scheduled safety meetings, lifting should be covered regularly

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