



# Lifting & Carrying

## FOR SURFACE MINERS



### Physical Injuries Caused Due To Lifting And Carrying Large / Heavy Objects Are Preventable

There is no end to the large and heavy things that need to be lifted and carried around the mine site. Asking for help when needed, using proper techniques and making sure that the walkway is clear are essential to preventing injury.

It is important to remember that it only takes doing something unsafely one time to cause serious injury. Every time you pick something up or carry it counts. There is no do over once injury occurs, and there really is no excuse for preventable injuries.

#### Lifting & Carrying Safety Tips



##### LIFTING UP AND DOWN

- Use equipment or get help if you can't safely lift the object alone.
- Keep your back straight.
- Bend your knees.
- Place your feet close to the object.
- Center yourself over the load.
- Get a good grip on the object.
- Lift straight up.
- Your legs should carry the weight and not your back.
- Setting an object down is still part of lifting and the tips above apply.



##### CARRYING

- Use equipment or get help if you can't safely carry the object alone.
- Hold the object close to your body.
- Keep the load secure and steady.
- If you don't have a good grip, or if you lose your grip, set it down slowly and safely and start again.
- Don't twist or bend your body as this will engage your back.



##### PLANNING YOUR ROUTE

- Scan path for hazards before you lift.
- Make sure there aren't any ruts, rocks or other obstacles in the way.
- Clear obstacles before lifting.
- If obstacles cannot be cleared then pick a different route. Once you are carrying an object your center of gravity and field of vision will be compromised, so knowing about the hazards isn't enough.