

# Lifting/Lowering

## Affected Sectors: All

Almost two-thirds of all time-loss claims in Nova Scotia are musculoskeletal injuries (MSIs), and 20% of those are caused by lifting. Know the contributing factors and control the hazards.

### Hazards

#### Lifting/Lowering

### Contributing Factors

- Weight of object
- Type of material (solids, fluids, etc.)
- Location (floor, waist height, overhead)
- Handles or gripping tools

**TIP:** Plan the move before you do it. Assess the weight of the object, get help, or find equipment if the load is too heavy, and look at the path you will take the load.



## Possible Controls

### Quick Wins

- Ensure you have a good grip on the load before lifting or lowering.
- Lift or lower with the load as close to the center of your body as possible.
- Do not twist or bend.

### Long-Term Planning

- Invest in hoists, lift trucks, pallet jacks, or other equipment that eliminates or reduces the need to lift or lower heavy objects.
- Assess your current work practices to see if they could be changed to reduce the need to lift and lower. Consider the installation of adjustable workstations to reduce the need to lift, or ensure all objects are within easy reach to reduce physical demands.