

Workplace Instruction –
Lifting and Carrying



Lifting and Carrying

Guidance for company instruction

Protect your back from injuries caused by incorrect lifting and carrying

Facts

The human spine is made for an upright posture and only partially suitable for heavy lifting and carrying. In order to prevent back injuries caused by incorrect posture, it is therefore absolutely necessary to be familiar with the correct lifting

techniques and to apply them in daily work. In addition, injuries can arise due to a lack or incorrect use of lifting aids or transport equipment and incorrect cooperation when transporting objects with several persons.

What are the risks?

Overloading the back

Considerable overexertion can cause immediate injuries, for example:

- Fractures of the vertebrae
- Slipped discs

Long-term overloading

Long-term overloading can cause chronic damages due to premature wear and tear. These include:

- Back pain due to muscle tension
- Wear and tear of the vertebrae
- Damage to intervertebral discs



Lifting a load with a bent posture causes the load to affect only a small area of the spine and vertebrae. A possible consequence is: On a heavily loaded intervertebral disc, one part of the disc protrudes between two vertebrae (see picture), resulting in strong pain. Therefore: Always lift loads with a straight back from a squatting position and close to the body!

Consider when lifting loads

- Use available lifting aids
- Lift all loads steadily without haste
- Avoid a hollow back
- Avoid twisting the back when lifting
- Squat down and keep your back straight as you lift and lower the load





Consider when carrying loads

- Use available lifting aids
- Always move in an upright position when carrying loads
- Keep the load close to the body and support it (with chest, thighs and hip)
- Do not carry loads one-sidedly
- For carrying unwieldy or bulky loads, several persons are required who should mutually coordinate their efforts.

Lifting devices are offered for all weight categories and should be used (Here: Using a vacuum tube lifter)



Standard values for lifting and carrying

There is no general answer to the question of what weights may be lifted. In addition to the weight, there are several other influencing factors, so that permissible maxi-

mum weights has to be determined for each individual case. Frequent, regular lifting and carrying of loads over 10kg by women and 20kg by men should be avoided.

Expectant mothers

Expectant mothers may not perform work that involves regularly manual lifting, moving, or transporting loads exceeding 5kg or occasionally loads exceeding 10kg without mechanical aids.



Tip

Expectant mothers are only allowed to regularly lift or carry loads of up to 5 kg!

Picture credits:**Left side:** BG ETEM**Right side:** Worker: endostock/
stock.adobe.com-52357063

Vacuum tube lifter: J. Schmalz GmbH

Expectant mother: Martinan/iStock-64899667

Lifting and Carrying

PU022-16 e

4 · 0 · 04 · 18 · 3

All rights reserved by the publisher.

Printed on paper from sustainable forestry

**German Social Accident
Insurance Institution for the
Energy, Textile, Electrical and
Media Products Sectors**Gustav-Heinemann-Ufer 130
50968 Cologne, Germany
Telephone +49 (0)221/3778-0
Fax +49 (0)221/3778-1199www.bgetem.defacebook.com/bgetemyoutube.com/dieibgetemtwitter.com/bg_eteminstagram.com/bg__etemxing.to/bgetemde.linkedin.com/company/bgetem**Seminars**

Seminars on this and other subjects related to occupational safety can be found online at our seminar database site.

www.bgetem.de
Webcode 14363753