



How much can I lift?

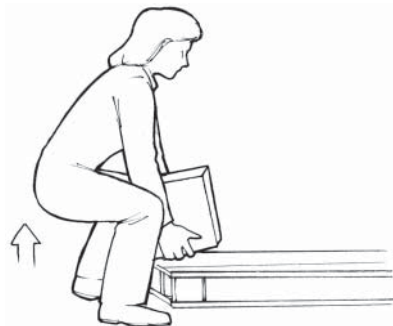
Is there a law about the maximum weight you can lift?

There are no regulations regarding the maximum weight a worker can lift!

Why not?

It's difficult to develop lifting requirements based only on weight. Restricting loads to a particular weight does not guarantee safety. You might injure yourself by reaching awkwardly to pick up a very light load, or by slipping and losing your balance while handling even a light load. Other workplace and personal factors can contribute to injury. They include:

- The distance between the object being lifted and the front of your body
- The number of lifts you repeatedly perform
- The length of time during which you perform repeated lifts
- The size, shape, and texture of the object you are lifting
- The distance you carry the object
- The height from which you lift the object (starting height)
- The height to which you lift the object (finishing height)
- Whether or not the object has handholds
- The extent to which you twist your body
- Your age, health, skill, stamina, and fitness level



What can you do to reduce the risks?

- Reduce the weight and size of the object you are lifting.
- Keep objects you lift as close to your body as possible.
- Try to begin lifts at knee level but go no higher than shoulder level.
- Avoid twisting movements when lifting or lowering a load.
- Avoid awkward postures.
- Make sure your stance is comfortable and solid.
- Lift loads smoothly.
- Pace your work.
- Report symptoms early.

What can your employer do?

- Reduce or eliminate heavy and repetitive lifting.
- Reduce the weight and size of the object to be lifted.
- Replace lifting and lowering by pushing and pulling.
- Provide lifting equipment such as carts, dollies, jib cranes, and scissor lifts.
- Reduce the distance that objects must be carried.
- Provide workers with adequate clearance and headroom in their work areas.
- Rotate workers among tasks that do not include lifting.
- Reduce the distance between the worker and object(s) being lifted.
- Suit lifting tasks to the worker's capabilities.
- Keep track of symptoms and injuries
- Have an ergonomic assessment done of the job and work area.