



### Instructor Guide

#### Handling and Lifting

**Topic Overview** (why the topic is important to the students)

Improper handling and lifting of heavy or bulky objects are a major source of back injuries. These injuries can affect your quality of life for weeks, months, or even years, preventing you from working or doing many things you enjoy. Most lifting injuries are preventable.

#### Demonstration and Discussion Topics

- **Discuss** the types of objects in the shop that are heavy or awkward, and how each of those items could be handled safely.
- **Tour the shop** with the students, and point out these hazards.
- **Distribute** the student handout.
- **Review** the safety tips.
- **Discuss** how handling and lifting injuries can occur.
- **Explain** what can be done in the workplace to minimize the risk of injuries due to handling and lifting (e.g., storing heavy items between chest and knee levels, and storing things in smaller packages).
- **Make it real.** Tell at least two stories of injuries from your experience, or use the following examples:
  - A young worker was moving a crate of vegetables. He bent over to lift the crate from the floor. When he straightened up, he felt a sudden pain in his groin and was unable to continue work. He was diagnosed with a hernia that required surgery.
  - An apprentice unloading plywood decided to carry a heavy load by himself instead of asking for help. He felt a sudden, shooting pain down one leg and was unable to continue work. He later required back surgery for a herniated disk.
  - A young worker unloading parts decided to carry several heavy cartons instead of using a dolly. He felt a sudden shooting pain down one leg and was unable to continue work. He later required back surgery for a herniated disk.

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#### Resources

- Back Talk: An Owner's Manual for Backs  
[http://www.worksafebc.com/publications/health\\_and\\_safety/by\\_topic/assets/pdf/back\\_talk.pdf](http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/back_talk.pdf)
- Does your back hurt? A guide to preventing low back pain  
[http://www.worksafebc.com/publications/health\\_and\\_safety/by\\_topic/assets/pdf/does\\_your\\_back\\_hurt.pdf](http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/does_your_back_hurt.pdf)
- Ergonomics Commentary 1 – Back Belts  
[http://www.worksafebc.com/publications/health\\_and\\_safety/by\\_topic/assets/pdf/backbelts.pdf](http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/backbelts.pdf)
- Lift/Lower Calculator  
<http://www2.worksafebc.com/calculator/llc/default.htm>