Lifting/Carrying for Event Services

**Purpose:** Use this handout as a refresher for safe lifting mechanics/best practices and as a checklist for things to think about prior to starting a new task.

**Safe Lifting Mechanics:**

1. Stand close with your feet shoulder width apart and face the object. Lift with your legs.
2. Bend your knees, keep your back straight and look **forward**. Keep items close to your body and at waist height.

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**Recommended Lifting Limits: ACGIH TLV for Moderately Frequent Lifting**

*American Conference of Governmental Industrial Hygienists Threshold Value Limits for Lifting, 2007*
Safe Lifting Best Practices:

1. Plan and Select the Correct Equipment
   • Review the job tasks as a group
   • Determine which tools/equipment are needed to safely complete the task.
   • Bring the appropriate tools with you to the field.

2. Discuss Best Practices as a Group
   • Use carts/dollies instead of lifting/carrying
   • Work at a comfortable pace.
   • Take a 1 - 2 minute microbreak to stretch every 20 minutes of continuous work that requires awkward postures or repetitive lifting.

3. When you arrive...
   • Measure equipment and doorways/elevators to ensure equipment will fit.
   • Local workers know the building best. Ask for input on which route to take.
   • Contact supervisor if additional help is needed.

Do you have additional ideas or concerns?
Contact your supervisor or SU EH&S at 723-0448.