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General Safe Work Practice for Team Lifting

DO:

- **Organize the lift.** One person should take the lead for giving orders to lift, turn, and set down. But everyone involved must understand what needs to be done before getting started.
- **Lift and lower in the same manner.** Each worker should follow the same safe lifting technique. Squat down close to the load, maintain a firm grip, keep back straight and lift with their legs.
- **Move slowly.** The load should be carried without sudden stops and all workers must watch where they are going.
- **Keep the load level and the weight evenly distributed.** Workers should be especially careful when traversing slopes or egress
- **Carry long loads on the same shoulder.** Each worker involved in the lift/move should share carry long items like pipes or boards on the same shoulder.
- **Never walk backwards.** Make sure a path is clear and an extra team member should act as a guide during the move.

Do Not:

- Twist bodies when lifting or carrying
- Lift with your back
- Change grip while holding or moving objects
- Step over objects or travel through/over hazardous obstacles