



Safety Message of the Day for IMEA Members



Exertion in lifting or lowering

Utility work commonly involves lifting or lowering heavy items, so it's not surprising that the incidence rate involved with overexertion is 5.8 per 100,000 full-time workers. Although it is one of the most frequent hazards in the workplace, it's easy to prevent with proper training.

According to OSHA, lifting a 25-pound box from the floor requires approximately 700 pounds of back muscle force, even with bent knees. Therefore, the importance of proper lifting techniques cannot be emphasized enough.

Some proper lifting guidelines include trying out a load first (and getting help if it's too heavy), configuring the work area so objects that need to be lifted are close to the body and at waist height, and keeping your back straight and lifting with your legs when picking up a load, according to OSHA.