

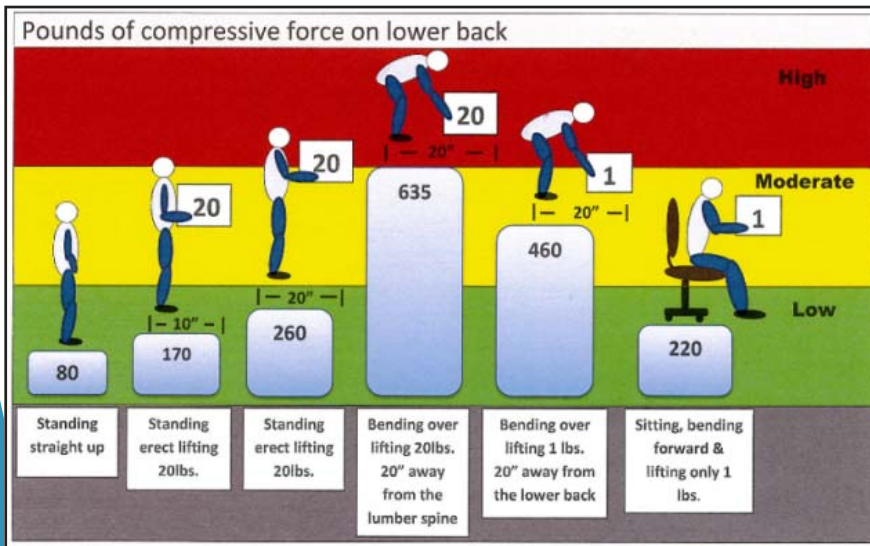
Lifting Risk Factors



“BACK INJURIES SIGNIFICANTLY DRIVE UP THE COST FOR SCHOOL DISTRICTS”

Often back injuries result from overexertion, usually resulting from an injury sustained from lifting, pulling, pushing, and carrying an object -- an injury classified as a sprain or strain.

The National Institute for Occupational Safety and Health has a calculator to estimate a "safe" lift. This information can be found at www.cdc.gov/niosh. Another good source for lifting limits can be found Oregon OSHA website <http://www.orosha.org/apps/liftcalc/lifting-calc-options.html>.



For questions contact the Safety Office (858) 627-7174

Lifting APP

Good reference tool to use in determining how much to safely lift

1. Click a box that is the beginning position of the lift.

Distance from body: 0" 7" 12"

Above shoulder
Waist to shoulder
Knee to waist
Below knee

2. Click a box that is the correct lifts per minute and hours per day.

Lifts per minute	Hours of lifting per day		
	1 hr. or less	1-2 hrs.	2+ hrs.
1 per 2-5 min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 per min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2-3 per min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4-5 per min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6-7 per min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8-9 per min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10+ per min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Your lifting limit is affected by the amount of twisting.

1 lift every 2-5 minutes for 1 hour or less

Over 45 degrees Under 45 degrees

Lift areas are white ▲ Lift areas are white ▲

34.00 lbs. **40.00 lbs.**

Return to start