

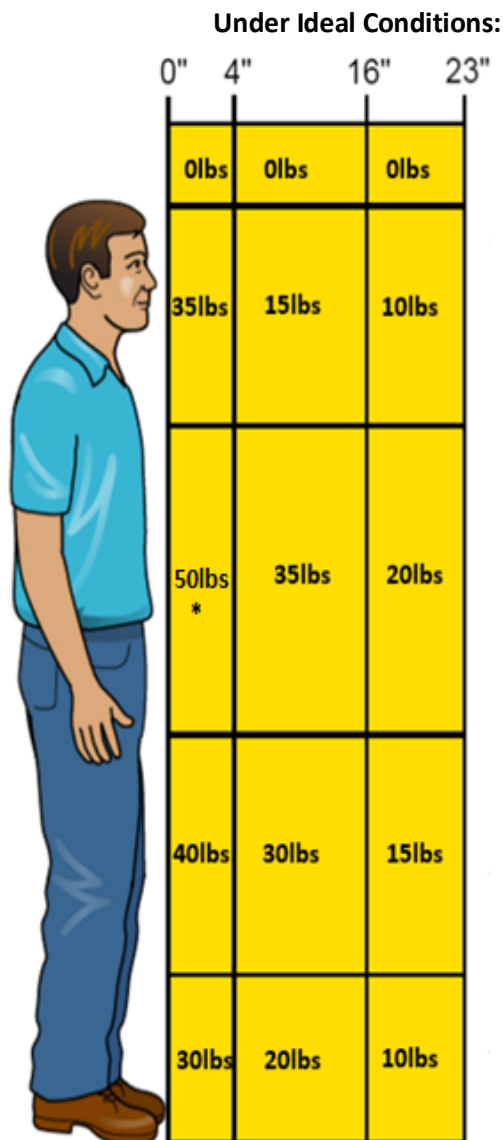


Lifting Guidelines

This guide is meant to provide you with a rough estimate of what can be safely lifted for the general working population under ideal conditions.

Please note that additional factors such as shape of object, footing, personal health, etc. can impact that amount of weight that can be safely lifted. Nonetheless, this guide can be used to help you determine a maximum safe weight: implement controls if a task requires lifting greater than what is specified below.

Please contact ergonomics.info@ubc.ca for assistance with your assessment.



Ideal Conditions:

- Good grip with both hands
- No twisting or bending
- Minimum of 5 minutes between each lift
- Lifting over no more than 1 hour of the day
- Ambient temperature 19^o to 26^o

Personal Factors:

Not everyone can lift this weight. But no one should be required to lift above this weight

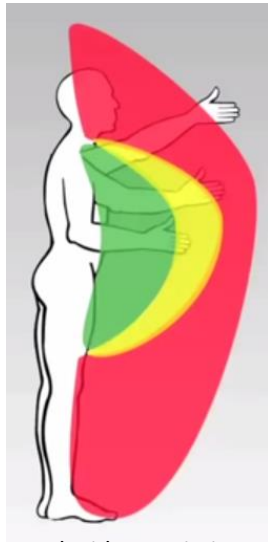
*Maximum Weight

NIOSH lists 50lbs as the max weight. Oregon OSHA calculator lists 70lbs as the max weight. UBC's Ergonomics Programs recommends **50lbs** as the max weight.



Location, Location, Location:

An important part of safe lifting is planning ahead-store heavier in your strongest lifting zone



Store only lighter items above shoulder level

Strongest Lifting Zone:
Between mid-thigh and waist height

Store only lighter items below knee level



Used with permission from: [TSCBC](#)

Engage your Abs:



When you contract your transverse abs (deep stomach muscles) you should feel tension under your fingertips and not a contraction that pushes your fingers out

Used with permission from: [Pilates Success](#)

Safe Lifting Technique:



Used with permission from: [Dr. Aker, Sarasota Chiropractors](#)

Preparation is critical:

- ✓ Can you use a dolly or cart?
- ✓ Clear path: remove obstacles so that you can get in close
- ✓ Test load
- ✓ Get help and communicate clearly if working in a team

Lifting technique

- ✓ Use a wide stance with your feet slightly wider than hip width distance
- ✓ Get in close
- ✓ Bend your knees, even just slightly
- ✓ Get a good grip
- ✓ Keep your neck neutral as you lift (avoid lifting with your neck flexed down)
- ✓ Engage abs and breathe out as you lift