



Safety Message of the Day for IMEA Members



Manual Handling /
Lifting

Manual Handling Injury Prevention Safety Message

There are many injuries on the job caused by individuals moving objects by hand. The Bureau of Labor Statistics reported that strains and sprains are the most prevalent type of injury on the job. While these types of injuries can be hard to prevent, it is possible through taking the right steps and not taking unnecessary risks when completing lifts.

Types of Injuries Sustained While Completing Lifts

- * Strains
- * Sprains
- * Repetitive motion injuries
- * Pinch point injuries
- * Struck-by injuries
- * Slips, trips, falls

Injuries due to manual handling can be hard to prevent, which is why eliminating as many of these lifts as possible is important. Plan out your work tasks and your work areas to reduce the chance of manual handling injuries. It is important to know your limits and not to exceed them. Even if you are strong it is easy to injure back muscles due to lifting awkward or heavy objects.

Discussion point:

-Are we taking unnecessary risks while lifting objects?