

Materials Handling: Plan Your Lift

Before you lift and move any material, check the weight and follow safe practices to reduce the risk of sprain and strain injuries.

- ✔ Talk to your supervisor and coworkers to find the safest approach before lifting and moving materials.
- ✔ Use a dolly cart, hand truck, or other lifting equipment.
- ✔ Use a team lift – ask a coworker for help if lifting equipment is NOT available. Contractors have found team lifts reduce fatigue and injury risks and can even improve productivity.*



- ✔ Your employer should provide lifting equipment that is in good working order and appropriate for the materials, and should train you on the use of lifting equipment and safe lifting practices.

REMEMBER:

- ✔ Use lifting equipment or ask a coworker for help when materials are oversized or weigh 50+ pounds.
- ✔ Clear pathways before moving materials to avoid slips, trips, and falls.

*Source: Hess, J. et.al. (2010) "Ergonomic Best Practices in Masonry: Regional Differences, Benefits, Barriers, and Recommendations for Dissemination." Journal of Occupational and Environmental Hygiene, 7: 8, 446-455, June, 1, 2010.
<https://doi.org/10.1080/15459624.2010.484795>

CPWR's Toolbox
Talk on Lifting &
Carrying Materials:
https://bit.ly/lifting_tbt



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