

# Back care—Lifting sheet materials 2

## Explain dangers

Lifting sheets of material can pose several musculoskeletal disorder (MSD) hazards:

- **High forces:** Depending on the size and thickness of the sheet, handling it can place high forces on your body.
- **Awkward postures:** The large size of sheets and how the sheets are stored can lead to several awkward postures (e.g., bending if stored at lower levels, twisting, lifting above shoulder height, etc.).
- **Repetition/duration:** Depending on the scope of the job, many tasks can require lifting several sheets throughout the course of your shift.
- **Contact stress:** High contact stress can occur on your hands and shoulders.

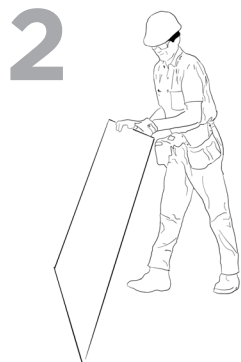
## Demonstrate

**All efforts should be made to eliminate the need to lift from the floor.** Place sheets on a height adjustable table to prevent workers from needing to lift sheets from lower levels.

If lifting from the floor is required, use team lifting practices. If that is not possible, use these tips to reduce MSD risks.



1 Bend your knees, while keeping your back as upright as possible.



2 Tip the sheet up to a horizontal position.

3



3 Lift the sheet slightly and put your toe under the mid-point.

4



4 Bend at the knee, keeping your back upright. Slip your free hand under the sheet.

5



5 Stand and lift the sheet, maintaining the normal curve in your lower back.

6



6 Use a carrying handle to move sheet material a long distance. If the walking surface is level and hard, use a drywall cart.