

# BACK CARE – LIFTING SHEET MATERIALS

## IDENTIFY

If you don't lift large sheet materials like plywood correctly, you risk back, neck, and shoulder injuries.

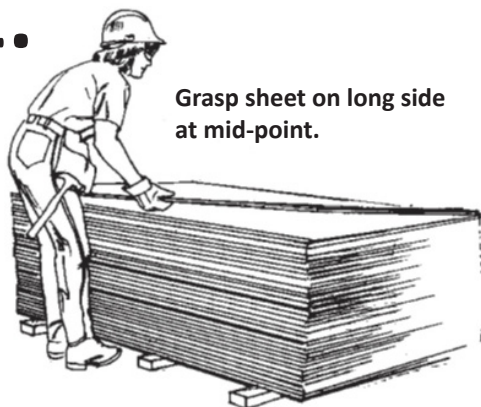
## COMMUNICATE AND CONTROL

### Manual handling of tools and materials:

- Plan ahead to minimize material handling.
- Use carts, dollies, hoists, or other mechanical handling devices.
- Use ladder hoists, gin poles, daisy chains, or cranes to move materials on or off roofs.
- Use chain falls, motorized buggies, carrying handles, or extension handles for carrying large or awkward materials such as drywall.
- Break loads into smaller units.
- Use shoulder pads when carrying loads on shoulders.
- Warm-up and stretch before starting work.
- Label materials with their weight.
- Get another person to help you lift heavy objects or awkward loads.
- Use proper lifting techniques. Lift with your legs — do not bend over and lift with your back. Keep the load close to your body.
- Stack sheets at a convenient height or store them off the ground on blocking or trestles or dunnage.

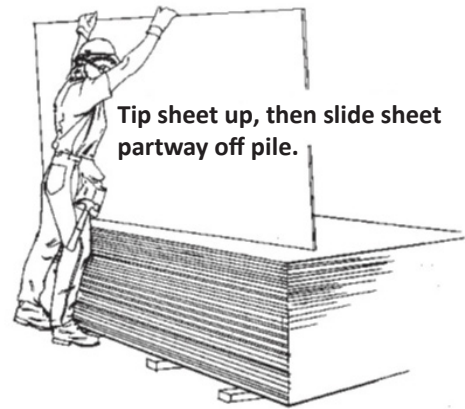
The following diagrams demonstrate how to lift sheet material off a pile.

1.



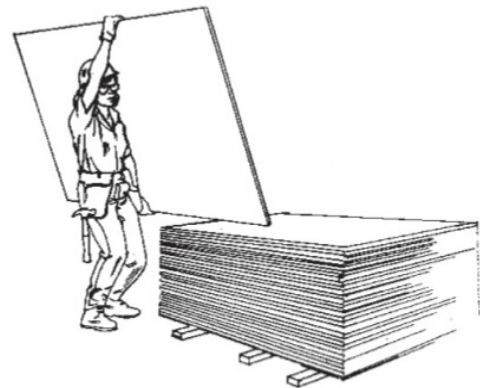
Grasp sheet on long side  
at mid-point.

2.



Tip sheet up, then slide sheet  
partway off pile.

3.



Bend at the knees, maintaining the normal curve  
in your low back. Grasp sheet above and  
below at mid-point.

4.



Carry sheet, keeping back erect.  
Avoid leaning to one side.

## COMMUNICATE AND CONTROL

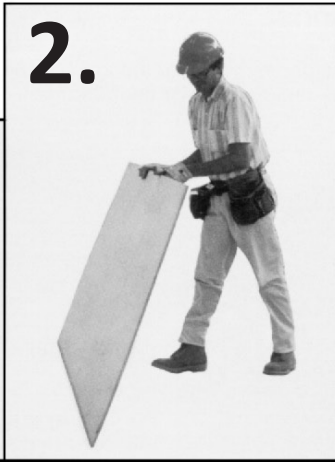
The following diagrams demonstrate how to lift sheet material off the floor.

1.



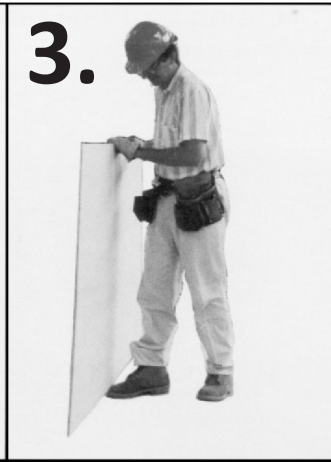
Bend knees, keeping your back as upright as possible.

2.



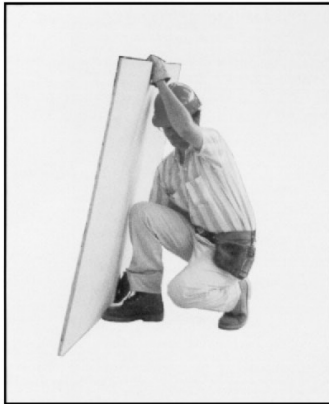
Tip sheet up to horizontal position.

3.



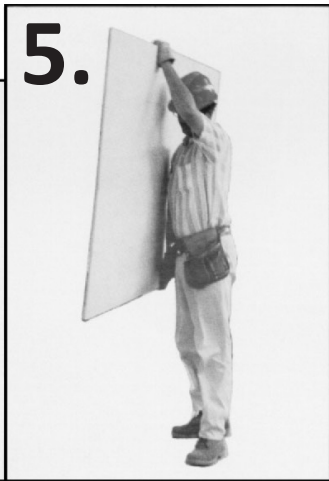
Lift sheet slightly and put toe under mid-point.

4.

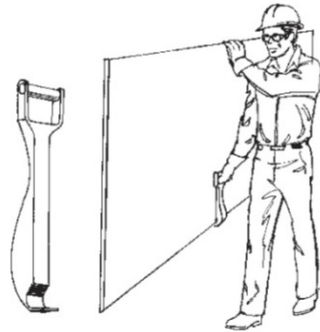


Bend knees, keeping your back upright. Slip free hand under sheet.

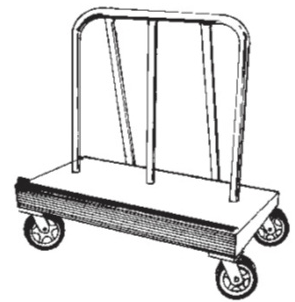
5.



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



To carry sheet material a distance, use a carrying handle.



If the walking surface is level and hard, use a drywall cart.

# THE QUIZ

1. Demonstrate how to lift sheet material.
2. Demonstrate how to lift plywood stacks.
3. Demonstrate a mock two-person lift for heavy/bulky materials.
4. Demonstrate how to lift sheets from the floor.
5. What do you risk injuring when you lift heavy materials?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
6. How should you stack materials, such as sheets?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
7. List two lifting aids that could help prevent injury:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
8. List the steps of lifting material correctly:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
9. List the steps of lifting material from the floor correctly:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_
10. List two proper lifting techniques:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_

Questions 1 to 4 require demonstration.  
5. Back, neck, shoulders; 6. Convenient height and off the ground; 7. Carts, another person; 8. Grab on the long side in the middle, tip the sheet up and slide part way off, bend at the knees and grab in the middle, keep the back straight; 9. Bend your knees, tip the sheet up, lift slightly and place toe under the middle, bend at the knees and place hand underneath, stand and lift keeping the natural curve of your back; 10. Lift with your legs, keep the load close to your body

## ANSWERS: