



HEALTH, SAFETY,
& ENVIRONMENTAL



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Preventing Muscle Strains & Practicing Safe Lifting

Muscle strains and sprains are among the most common field injuries and are often preventable through planning, proper lifting technique and use of assistance.

Common Causes of Muscle Strains:

- Lifting **heavy, awkward, or oversized loads**
- **Twisting while lifting or carrying**
- Lifting while **fatigued, rushed, or off-balance**
- **Improper body positioning** or lifting technique
- Carrying loads over **uneven or obstructed travel paths**
- Not using **team lifts or mechanical lifting aids**

Plan the Lift & Route:

- Identify the destination
- **Inspect the travel path** for:
 - Slip/trip hazards
 - Uneven surfaces
 - Cords, hoses, tools, materials
 - Tight clearances, or blind corners
- **Remove obstacles** and ensure:
 - Adequate lighting
 - Clear line of sight
 - Stable footing
- **Do not carry loads over obstacles**

Proper Lifting Techniques:

- Know the weight, **get help if needed**
- **Feet shoulder-width apart**
- **Bend knees and hips**, not the waist
- **Keep the load close to your body**
- **Maintain a straight back**, engage core
- **Lift smoothly**, no jerking
- Turn with feet, **no twisting**

THE
RIGHT
WAY



THE
WRONG
WAY



Team Lifts and Mechanical Aids

Use team lifts or mechanical aids when loads are:

- Heavy
- Awkward or difficult to grip
- Carried over distance

Team lift Basics:

- Assign one person to lead
- Lift and lower in unison



Whenever possible, **use mechanical lifting aids instead of manual lifting.**

- Forklifts
- Pallet jacks
- Dollies / Carts
- Hoists
- Chain falls

No job is so urgent that it can't be done safely. **Most muscle strains and sprains are preventable.**

Proper use of the **GIS LIFE Processes** can help to create a **FAIL-SAFE** Work Environment



SAFETY ALERT