

# MMH – Large and Heavy Sacks Fact Sheets



## HOW SHOULD HEAVY LARGE SACKS BE LIFTED?

Lift heavy and large sacks in two stages using an intermediate platform.

When lifting, remember to:

- Straddle the end of the sack.
- Bend the hips and knees.
- Keep the back straight.
- Don't stoop.
- Grasp the bag with both hands under the end closest to you. Keep elbows inside the thighs.
- Lean forward and straighten the knees to set the bag upright.
- Move your feet closer to the sack.
- Squat with the sack between the thighs with one foot flat on the floor in front of the other.
- Grasp the sack with your elbow inside the thighs. With one hand clasp the sack against your body and use your other hand to hold the bottom of the sack.
- Stand up in one smooth motion.
- Place the sack upright on the platform.
- Place one foot in front of the other with the front foot along side of the platform.
- Bend the hips and knees and keep the back straight.
- Put one shoulder against the sack.
- Readjust your grasp.
- Lean the sack against your shoulder.
- Stand up and straighten the hips and knees.
- Make sure your hands and feet are clear when putting the load down.



## How should bulky sacks be lifted?

Bulkier sacks are easier to carry on your back. Lift the sack onto your back from a platform as described below.

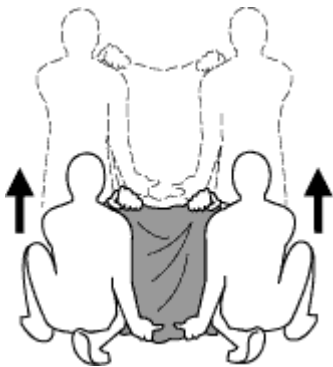
- Move the sack to the edge of the platform.

- Put your back against the sack.
- Grasp the sack with both hands on the upper corners of the sack.
- Ease the sack onto your back, bending your hips and knees before taking the weight.
- Keep your back straight.
- Stand up and straighten your hips and knees.
- Stabilize the sack.
- Move away without bending sideways.



#### **How should a “two-person lift and stack” be done?**

- Position one person on either side of the sack.
- Squat with one foot balancing behind the sack.
- Keep your back straight.
- Hold the bottom of the sack with your closer hand and grasp the upper corner with your outer hand.
- On one person’s command, both people:
  - Stand up and straighten their hips and knees.
  - Move towards the stack.
  - Put the sack on the stack.



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