Manual Lifting Checklist for Farmers

A manual lifting checklist for farmers and workers to plan a lift, check the load and path, use the right body position, and ask for help or equipment.

Farm / unit: _____ Date: _____ By: _____

ITEM	OK	FIX	N/A
Check load size and weight	☐	☐	☐
Check the path is clear	☐	☐	☐
Test the load before lifting	☐	☐	☐
Use a cart or hoist when possible	☐	☐	☐
Get a helper for heavy items	☐	☐	☐
Feet apart, knees bent	☐	☐	☐
Keep load close to the body	☐	☐	☐
Avoid twisting while lifting	☐	☐	☐
Set down with control	☐	☐	☐

NOTES / REPAIRS NEEDED

TIP If a load feels too heavy or awkward, stop and get help or equipment rather than risk a back injury.

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