

Delivery drivers: leverage zone

Delivery drivers are lifting and carrying packages all day long. Leverage zones refers to where your elbows are when you are lifting and carrying loads. The closer you can get to the object you are picking up and carrying, the less stress it has on your body. Reducing stress to your body decreases the risk of strains and sprains as well as the possibility of developing a musculoskeletal disorder (MSD).

Takeaways

- Lifting with the load close to your body means doing less work.
- When you can get the load 6 inches closer to your body, you can cut the force required to lift the load in half.
- When the load is close to your body, you are using more efficient muscles to do the work.



Green Zone

Leverage is better when the load is closer.

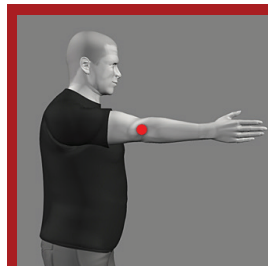
As the load gets closer to your body, your leverage increases. This means your muscles do less work when you lift in the green zone. Your muscles must do much more work to lift the same object in your red zone.



Yellow Zone

When your elbows move away from your side in any direction, you are working in your yellow zone.

The outer limit of the yellow zone is about six inches out from your side. The force on your shoulder and upper back can more than double when your elbow is in this position.



Red Zone

Stop and think: How can I get my elbows just 6 inches closer?

As your elbows move farther out into the red zone, the strain moves to the joints of the low back. Some of these muscles have very poor leverage. In fact, in the far red zone, handling a 10-pound load can result in up to 500-pounds of force on your low back.



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Take action (Complete one or more activities as a team)

- GROUP DISCUSSION: Share examples of ways to lift, reach, or carry a load so it is closer to your body.
- DEMONSTRATION: Using the graphics in the photos as a guide, practice putting your hand out with your elbow in each of the zones.
- QUESTION: What challenges make it difficult to work in the green and yellow zones? What can you do?

**Safety talk
sign-in sheet**

Record your attendees for compliance.

Instructor's name: _____

Date of training: _____

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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