

SAFE LIFTING PROCEDURES

1 SIZE UP THE LOAD

Size up the load. Never attempt to lift a load that is heavier than your comfort level. Do not lift alone if you estimate that the load is too heavy, awkward, bulky or will obscure your vision. Use proper personal protection equipment.



2 SECURE YOUR FOOTING

Make sure you are wearing appropriate rubber soled footwear. Align your body with the load. Face the load straight on. Assure your footing and balance by placing one foot forward of the other.



3 BEND YOUR KNEES

Bend your knees and squat. Keep your head up and back straight. Spread your knees or lower one knee to get closer to the object.



4 LIFT THE LOAD

Push up with your legs to utilize your strongest set of muscles. Tighten your abdominal muscles as you rise. Remember to breathe steadily when lifting. Keep the load close to your body as you come up.



5 CARRY THE LOAD

Lift the object to the carrying position. If it is necessary to change your direction when in the upright position be careful not to twist the body. Turn your body by changing the position of your feet. Always maintain steady breathing while handling the load.



6 LOWER THE LOAD

Bend your knees while lowering the load to the floor from a waist-high carrying position. Keep your back natural with the load close to the body, lowering the load with the arm and leg muscles.



SPECIAL SAFETY TIPS

MECHANICAL ASSISTED LIFTING

If the load is too heavy or awkward to lift alone, and no one is available to assist you, use a mechanical device such as a hand truck, manual lift truck or pallet to lift the load.



PUSH DON'T PULL

You can move twice as much when you PUSH. So remember, when you are moving a load on a cart or hand truck, PUSH DON'T PULL!



BUDDY LIFTING SAVES BACKS

Impatience will injure you. Get help with awkward or bulky items. Lifting together is easier and safer than lifting alone.



AVOID UNSTABLE LOADS

Unstable loads will injure your back and damage the load. Only carry as much as you can handle. Make sure you can see the ground in front of you when carrying a load.



STACK YOUR LOAD CAREFULLY
Stack heavy or large boxes on the bottom of the load to avoid tipping during transport.



STANDING ON STABLE SURFACES
Don't stand on unstable chairs, stools or ladders when lifting or moving objects.



LIFTING ABOVE YOUR HEAD
Never lift an object past shoulder height. Use a sturdy stool, ladder, or seek mechanical assistance.



SELECTING HEAVY CARRYING POTS

- ☐ BACK PAIN
- ☐ HEADACHE
- ☐ BREATHING
- ☐ STOMACH PAIN
- ☐ LEGS, KNEES
- ☐ OTHER

IF YOU EXPERIENCE ANY OF THE ABOVE, STOP LIFTING IMMEDIATELY. IF YOU EXPERIENCE ANY OF THE ABOVE, STOP LIFTING IMMEDIATELY.

ACCIDENT REPORT
If you have had an accident on the job, report it immediately to your supervisor.

Osha Safety Guide

Peter S. Hopf



Osha Safety Guide:

Health and safety guide National Institute for Occupational Safety and Health,1976 *The Event Safety Guide* Event Safety Alliance,2014-02-04 The premier safety guidebook for anyone working in the event industry The Event Safety Guide is the United States first published safety guidance directed specifically at the live event industry Culled from existing life safety standards and the insight of top professionals within the event industry The Event Safety Guide compiles the best operational practices currently available in the live event industry in a single easily referenced manual The guide is not a how to book or a complicated set of standards Rather it is intended to help busy industry professionals know what safe workplace practices might be heighten their understanding of the importance of safety in everything they do and apply these best practices in their daily work Designed for field use The Event Safety Guide is categorically organized and written in straightforward and easily understood language Thirty nine chapters and five appendixes address a broad range of subjects relevant to most events including emergency planning weather preparedness and fire safety as well as specific technical issues such as pyrotechnics rigging and temporary staging Included appendixes provide additional resources including helpful planning checklists and information on the National Incident Management System NIMS Incident Command System ICS All referenced standards are thoroughly cited within the text to ensure readers know precisely where to turn for additional information Whether you re a seasoned veteran or just starting out in the event industry you ll find The Event Safety Guide to be an indispensable reference when planning your next event *Health and Safety Guide for Bottled and Canned Soft Drink Facilities* National Institute for Occupational Safety and Health,National Institute for Occupational Safety and Health. Division of Technical Services,1975 **Health and Safety Guide for Food Processors** National Institute for Occupational Safety and Health,National Institute for Occupational Safety and Health. Division of Technical Services,1975

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Table of Contents Osha Safety Guide

1. Understanding the eBook Osha Safety Guide
 - The Rise of Digital Reading Osha Safety Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Osha Safety Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Osha Safety Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Osha Safety Guide
 - Personalized Recommendations
 - Osha Safety Guide User Reviews and Ratings
 - Osha Safety Guide and Bestseller Lists
5. Accessing Osha Safety Guide Free and Paid eBooks

- Osha Safety Guide Public Domain eBooks
- Osha Safety Guide eBook Subscription Services
- Osha Safety Guide Budget-Friendly Options
- 6. Navigating Osha Safety Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Osha Safety Guide Compatibility with Devices
 - Osha Safety Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Osha Safety Guide
 - Highlighting and Note-Taking Osha Safety Guide
 - Interactive Elements Osha Safety Guide
- 8. Staying Engaged with Osha Safety Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Osha Safety Guide
- 9. Balancing eBooks and Physical Books Osha Safety Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Osha Safety Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Osha Safety Guide
 - Setting Reading Goals Osha Safety Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Osha Safety Guide
 - Fact-Checking eBook Content of Osha Safety Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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