

# 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. Assess 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 hoist to lift the load.



### PUSH DON'T PULL

You can move loads 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.



### Warning: Above Your Head

Never lift an object past shoulder height. Use a sturdy stool, ladder, or other mechanical assistance.



### Personal Protective Equipment (PPE)

Hard hats
Gloves
Respirators
Hand and eye protection
Other

Personal Protective Equipment (PPE)  
If you think that an accident on the job, please contact your supervisor or  
Human Resources Department.

# Osha Safety Guide

**M Planty**

## Osha Safety Guide:

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[Health and Safety Guide for Food Processors](#) National Institute for Occupational Safety and Health. Division of Technical Services,1975    [Handbook of OSHA Construction Safety and Health](#) Charles D. Reese,James Vernon Eidson,1999-05-24 Although the construction industry employs only five percent of the nation s work force it suffers 20 percent of the nation s occupational fatalities and 12 percent of all U S injuries Because of this the Occupational Safety and Health Administration OSHA has consolidated their construction standards compliance assistance cooperative programs and technical services to form the Directorate of Construction Construction sites and operations have become the prime targets for the Directorate of Construction which has greatly increased its number of inspections citations and penalties The Handbook of OSHA Construction Safety and Health is for safety professional contractor project manager and owner who has the responsibility of implementing an effective on site safety and health program These professionals are now in charge of everything from the safe operation of equipment to the safe removal of hazardous waste from the construction site It is a practical guide that can be used by the construction industry on existing and future projects and jobsites in the critical area of occupational safety and health Written using OSHA s Construction standards as a framework the book provides those responsible for

construction safety and health with a definitive guide for eliminating safety and health hazards from construction worksites In addition the handbook addresses subjects such as contractor liability multi employer sites and focused inspection which are real and time problem areas faced by the construction industry The Handbook of OSHA Construction Safety and Health contains a model safety and health program examples of accident analysis and prevention approaches sample safety and health checklist and forms and over 300 illustrations Management and Leadership in the Medical Laboratory - E-Book

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**Construction Safety Handbook** Mark McGuire Moran,2003-07-01 This much anticipated new edition provides employers and employees with a day to day guide to reducing accidents and injuries ensuring compliance avoiding fines and penalties and controlling workers compensation costs You'll not only find comprehensive discussions on all of the construction safety regulations found in the Code of Federal Regulations CFR Title 29 Chapter 1926 but you'll also find the actual legal text of the regulations and overviews for each sub Chapter for easier reference Hazardous Substances Resource Guide Richard P. Pohanish,Stanley A. Greene,1993 **Farm and Ranch Safety Guide** ,1973 **Designer's Guide to OSHA** Peter S. Hopf,1982 **Occupational safety and health guidelines for chemical hazards. suppl. 2, 1988** ,1988 Neal-Schuman Guide to Finding Legal and Regulatory Information on the Internet Yvonne J. Chandler,1998 Identifies describes and evaluates some 900 sites on the World Wide Web that offer legal and governmental information at

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web may 28 2021 gas guzzling rapid fuel use is usually a sign that the condition of the fuel pump has deteriorated significantly it s a good idea to have an idea of how long a tank of gas will last you if you notice that your tank is emptying faster than usual it s time to check out your fuel system before more problems take hold heat

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web 1 turn off power turn off the main electrical cutoff switch remove the snaps on the outboard motor upper case and take off the cowl cover

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web jun 10 2023 air entering the fuel system can cause issues like stalling poor acceleration and reduced engine performance solution follow these steps to bleed the air from the fuel system 1 locate the air vent screw on the fuel injection system 2 open the vent screw and ensure the engine is on a level surface 3

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web dec 7 2022 in short if your mercury outboard fuel pump goes bad you will face problems like no noise from the outboard engine or weird loud noises from the fuel tank moreover the outboard engine will also not function properly

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web may 28 2009 this motor had multiple problems this video is of when the low pressure fuel pump was completely failed also had 1 tpi failed with failure code stored

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web sep 22 2018 it is supposed to be 89 psi plus or minus 2 psi to be ok the high pressure pump is electric there is also a low pressure electric fuel pump low pressure output is specified as 6 9 psi but the manual fails to state whether this is at idle with motor running or if its after 15 seconds of cranking