

# 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 POSITION

- ☐ BACK
- ☐ SIDE
- ☐ FRONT
- ☐ FRONT/BACK
- ☐ SIDE/FRONT
- ☐ SIDE/BACK
- ☐ OTHER

IF YOU ARE LIFTING OR CARRYING A LOAD, ALWAYS USE YOUR BACK, KNEES, AND FEET TO LIFT. NEVER USE YOUR ARM OR WRIST TO LIFT.

IF YOU HAVE HAD AN ACCIDENT ON THE JOB, REPORT IT IMMEDIATELY TO YOUR SUPERVISOR.

# Osha Safety Guide

**National Institute for Occupational  
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for Occupational Safety and Health.  
Division of Technical Services**

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**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

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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 **Health + Safety Manual** ,1987

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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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motor neuron diseases and related conditions 1 what is an emg 2 why do electrodiagnostic studies 3 about the machine 4  
nerve conduction studies 5 electromyography 6 injury to peripheral nerves 7 how to plan out the

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of electrodiagnostic testing including nerve conduction studies and needle emg this one of a kind resource offers expert  
guidance on performing and interpreting emgs as well as how to test the most common conditions

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