

# 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
- ☐ TIGHTENING OF MUSCLES
- ☐ TIGHTENING OF TENDONS
- ☐ TIGHTENING OF LIGAMENTS
- ☐ TIGHTENING OF JOINTS

IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP LIFTING IMMEDIATELY AND SEEK MEDICAL ASSISTANCE.

### ACCIDENT REPORT

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

# Osha Safety Guide

**Thomas Griffiths**



## 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      **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

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**Occupational safety and health guidelines for chemical hazards. suppl. 2, 1988** ,1988

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