

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!



BUDGY 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 other mechanical assistance.



PERSONAL PROTECTION EQUIPMENT (PPE)
<input type="checkbox"/> Hard hats
<input type="checkbox"/> Gloves
<input type="checkbox"/> Harnesses
<input type="checkbox"/> Protective eyewear
<input type="checkbox"/> Safety harnesses
<input type="checkbox"/> Other

ANSWER THE QUESTIONS

If you think that an audience on the job needs a refresher course, answer the following questions:

Osha Safety Guide

Michael Hoelscher

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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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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 the local state federal and

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Library of Congress. Exchange and Gift Division,1994 An annual index to the monographs appears early in the following year

Practical Guide to Occupational Health and Safety Paul A. Erickson,1996-07-27 Written with corporate regulatory compliance officers health and safety managers loss control managers and human resource specialists in mind this book offers workplace tested strategies for meeting the health and safety needs of a modern corporation Emphasizing the practical means of achieving compliance with OSHA regulations this book also provides a unique assessment of the more extensive factors that influence the management of workplace health and safety The integration of practical regulation strategies with corporate objectives is particularly relevant to graduate curricula in business management public policy and occupational medicine Provides practical guidelines for industrial compliance with major OSHA regulations Presents concise explanations of technical and scientific concepts underlying regulatory requirements Integrates specific examples of the global economy's influence on the design and implementation of workplace health and safety Elucidates the effects of health and safety programs on financial and legal risk management practices in industry Includes explanations of practical alternative compliance strategies for company health and safety officers

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