

SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

Safe Lifting

It is said that the spine is the most commonly injured structure in the body. Safe lifting practices are crucial for everyone – no matter what industry you work in. Because it is something we do so often, we tend to do it without thinking, or at least we do until we strain a muscle, or worse, hurt our backs. Over time, repeated injury to the spine causes degeneration – which is the painful aging of spinal bones, discs, tendons and cartilage. Do not take your spine health for granted, as aging will prove to be painful. Take care of your back.

FIRST THINGS FIRST

Does the object need to be lifted in the first place?

Can a tool be used?

- Hoist
- Cart/Dolly
- Forklift
- Hand truck

Does the entire load need to be lifted?

Can the load be broken into smaller quantities?

Is the entire load really needed?

Can I get help from co-workers?

PRE PLANNING THE LIFT

Verify the walking path is clear of trip hazards, obstacles and holes.

Plan the route – take the shortest route possible.

Create a place to set the load down.

Can the load be team-lifted with help from co-workers?

SURVEY THE LOAD

Are there handles?

What is the weight? Is there a ticket or bill of lading that states the weight?

Can the load be broken down?

Does the lift require awkward postures?

LIFT LIKE A WEIGHTLIFTER

Stand as close to the load as possible.

Spread the feet to maintain good balance.

Test the load – if it is too heavy, don't lift it!!!

Squat and maintain the curve in the spine.

Grasp the load by handles or good handholds.

Lift SLOWLY with the legs – not the spine.

Leg muscles are more powerful and more durable than back muscles.

Keep your head up, chin out.

WHILE CARRYING THE LOAD

Make sure that you can see around the load.

Avoid twisting the body – this places enormous weight on the lower spine.

Change direction with your feet, and do not twist.

Take a break if you get tired.

Find a table to support the load if a new grip needs to be found.



