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.



LOWERING THE LOAD

Slowly lower the load.

Do not drop the load.

Face the location where you want to place the load.

- o Do not twist.
- o Bend at the knees, not at the back.
- Keep the load close to the body.
- o Squat to set the load down.
- o Stand up slowly.

SAFE LIFTING

Don't underestimate the importance of being in good physical condition. Years of poor posture, overeating, lack of exercise, stress, and improper lifting can catch up with you. Learn how your back works and what you can do to keep it strong.

Each day in some form or fashion you do lifting in this facility and at home. Lifting safely is one of the most important things you can do to protect your back throughout your lifetime. Some items are pretty straightforward how to handle them. However, many people get injured trying to handle the awkward shaped, awkward sized or awkwardly weighted objects.

USE TWO-PERSON LIFTS FOR LARGE OR AWKWARD LOADS

For a safe, correct, two-person lift:

Work with a person about your height.

Decide in advance which person will direct the move.

Keeping knees bent and back straight, lift and raise the load together.

Move smoothly together as you carry, keeping the load at the same level.

Unload at the same time, keeping knees bent.

PROPERLY GRIP OBJECTS WITH AWKWARD SHAPES

Squat next to the object, with your feet spread shoulder width apart.

Grip the object at the top outside corner and the bottom inside corner.

Lift properly and slowly, with knees bent and back straight.

GET IN POSITION TO LIFT FROM A HARD TO GET AT LOCATION

Stand as close as possible to the object.

Bend forward slightly at the hips, and push your buttocks out behind you.

Bend your knees, keeping your back straight and stomach muscles tight.

Grip the object firmly.

Lift so your leg, stomach, and buttock muscles do the work—not your back.

Name	Signature	Name	Signature