



LIFTING

The largest percentage of accidents reported to us by employees occur during lifting. Establishing effective work-flow procedures, proper selection of equipment, and adequate training of employees will reduce the number of injuries caused by lifting.

Your back allows you to walk, sit, stand, lift, bend, and work. However, the back is the most injury-prone part of your body. Back injuries can lead to pain, extra expenses, lost work time, and, in some cases, disability.

Eighty percent of all back injuries are muscular related and will usually heal after two to three days of bed rest or light duty. The remaining injuries are to the disc and are far more serious, requiring treatment ranging from pain medication to major surgery.

Millions of dollars are spent each year in treating industrial back injuries. At one time or another, nearly all of us have been afflicted with a back problem that was probably caused by overexertion or bad lifting practices.

Preventing back injuries is a lot easier than correcting them.

Your back is a complex system. It includes: the spine (33 bones), the spinal cord (a ½-inch-thick cable of nerves about 18 inches long), nerves (31 pairs branching out from the spinal cord and sending information to the brain and orders to the muscles), and muscles (400 of them producing motion in all directions and attached to the bones by about 1,000 tendons).

Many things contribute to back problems, but about half of all back injuries result from improper lifting.

The basic steps in lifting include:

1. Think things through before you start.
2. Examine the object to decide where and how to hold it. Check for grease, oil, moisture, and sharp edges.
3. Clear any path of obstruction (tripping hazards).
4. Know where and how you will set down the object before you pick it up.
5. Get help if you have any doubts about lifting objects.

Lifting: Stand close to the load with your feet solidly placed and slightly apart. With your knees bent, firmly grasp the object and then lift up by straightening your legs and keeping your back as nearly vertical as possible.

Lifting Overhead: The maximum load you can lift overhead is lighter because you cannot use your legs. Use extra care. Spread your feet with one foot slightly forward. Use a firm platform or sturdy ladder, not chairs or boxes, for extra high lifts. When in doubt, get help.

Hand Trucks: Hand trucks and similar devices should not be so heavily loaded that they cannot be easily handled. When going up or down a ramp or incline, the load should always be below the worker. Pull the load up and push it down.

Drums: Drums should be rolled by pushing with the hands. Gloves should be worn when performing this operation.

Sharp Edges: Before you lift it, inspect any material for sharp edges, protruding points, or other factors likely to cause injury.



WEEKLY SAFETY MEETING

Company Name: _____ Date: _____

LIFTING (CONTINUED)

Employee Safety Recommendations: _____

Meeting Attended by:

Supervisor's Signature: _____

This form is not intended to supersede or ensure compliance with any local, state, or federal laws or regulations. If you have questions or concerns regarding compliance, please consult your legal counsel.

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