

PROPER LIFTING AND HANDLING

1. WHEN MOVING HEAVY OR BULKY ITEMS, USE MECHANICAL AIDS SUCH AS CRANES, WINCHES AND FORKLIFTS WHEN POSSIBLE.
2. BEFORE STARTING LIFTING OR HANDLING TASKS, EMPLOYEES SHOULD WARM-UP (EXERCISE) THEIR MUSCLES AND JOINTS.
3. WHEN LIFTING, REACHING, OR HOLDING, FEET MUST BE POSITIONED TO USE **THE LINE OF POWER TECHNIQUE**. BE SURE ONE FOOT IS POSITIONED AS CLOSE AS POSSIBLE TO THE OBJECT BEING LIFTED.
4. BEFORE LIFTING, PIVOT, ROLL OR DRAG OBJECTS TO A POSITION AS CLOSE TO **THE SAFE HANDLING ZONE** AS POSSIBLE.
5. WHEN REACHING OR LIFTING OVER AN OBSTACLE USE A GOOD BRACING TECHNIQUE.
6. DURING LIFTING AND HANDLING MANEUVERS, USE THE "S" CURVE SPINAL ALIGNMENT AND NOT THE "C" CURVE. SHOULDERS SHOULD BE LEVEL AND USE MINIMUM SIDE BENDING. TO MINIMIZE TWISTING MOVEMENTS, ALWAYS POINT YOUR TOES IN THE GENERAL DIRECTION OF THE LIFT.
7. WHEN PULLING AND PUSHING OBJECTS, LET YOUR LEG MUSCLES DO MOST OF THE WORK.



TEAM WORK IS ESSENTIAL

1. BEFORE STARTING LIFTING OR HANDLING TASKS HAVE TEAM MEMBERS ADVISE EACH OTHER ABOUT THEIR CURRENT PHYSICAL CONDITION (INJURIES, LIMITATIONS, FATIGUE).
2. BEFORE AND DURING TEAM LIFTING OR HANDLING TASKS, TEAM MEMBERS SHOULD ALWAYS PLAN THEIR METHODS AND THE SAFEST ROUTE TO MINIMIZE RISKS. TO AVOID FURTHER RISKS, USE PRE-DETERMINED SIGNALS TO CONFIRM READINESS AND TIMING.
3. BEFORE LIFTING, OR CARRYING EQUIPMENT, TEAM MEMBERS MUST PLAN HOW THEY WILL JETTISON THE EQUIPMENT IN CASE OF AN EMERGENCY.



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PROPER LIFTING
AND HANDLING
IS NO
ACCIDENT!

glenngraphics 261-242-2211