

SAFETY TRAINING

This template is designed as a safety check sheet that can be used as specific task or for initial job safety training with employee as part of your operations safety practices.

LIFTING AND CARRYING

Proper lifting technique is critical to back safety, but perhaps more important is proper planning. Before you lift and/or carry any objects please observe the following recommendations:

- _____ Look over the object to be lifted. Make sure it is not too heavy or bulky.
- _____ Know how to lift safely.
 - _____ Stand close to the load with feet apart for good balance.
 - _____ Make sure footing is secure.
 - _____ Bend your knees and straddle the load somewhat. Keep your back as straight as possible.
- _____ Get a good palm grip. Many lifting accidents occur when the load slips off fingers.
- _____ Tense your back, shoulder and arm muscles. Straighten your knees and stand. Lift with your leg muscles. Avoid quick, jerky motions.
- _____ Avoid lifting whenever possible by pushing, pulling, rolling, sliding, or use mechanical aids, trucks, hand carts, etc. in place of lifting or carrying. These simple techniques make lifting easier and safer. Preventing painful lifting and carrying injuries (sprains, strains, hernias and “aching sacroiliacs”) to your back is squarely up to you.
- _____ Know your physical limitations.
- _____ Get help if there is any doubt about your ability to move the object by yourself.
- _____ Realize that as you get older it takes less strain to injure your back.