

Garmong Construction Services					
<i>EMPLOYEE SAFETY POLICY HANDBOOK – Manual Lifting</i>					
Last Revised:	January 25, 2012	By	Douglas Mahurin, MS, CSP	This Copy Printed:	1/25/2012 3:34:00 PM

LIFTING SAFETY – MANUAL MATERIAL HANDLING

ATTENTION!!! Pre-job planning can help reduce the need to continuously move material by hand. Think about the layout of the project, think quantities of material, and how the material is packaged. The more we move the same material the greater chance of an injury.

Manual Material Handling Considerations

1. Arrange the jobsite so that manual material handling is kept to a minimum.
2. Have materials delivered as close to the area where they are needed to minimize moving.
3. Think through the entire route the load must travel on site. Can the distance be shortened?
4. Use mechanical means to move materials – trucks, forklifts, carts, dollies, elevators...
5. Make sure the path of travel is clear of trip hazards.
6. A maximum weight for a one person lift would be 50 pounds.

Safe Lifting Practices

1. Size up the load – get help if you need it.
2. Keep your feet apart for balance as well as weight distribution. One foot alongside of the object, one foot behind the object.
3. Bend at the knees, keeping your back straight, not necessarily vertical. Tuck your chin to keep in line with your neck and spine.
4. Get a firm grip on the object with your whole hand (not just your fingers). Draw the object close to you with the weight centered over your feet.
5. Tuck your elbows and arms for more power. Lift by straightening your legs – slow easy motions, avoid quick, jerky motions.
6. Avoid shifting with a heavy load. Try to point your foot in the direction you intend to go.
7. When lifting above the waist, set the object down on a table or bench (make sure it will support the weight) re-grip, then lift again.
8. When carrying pipe, barstock or other long objects, carry them on your shoulder with the front end high.
9. Get help from another co-worker when necessary.
10. Always lift with your legs not your back.
11. Keep the load close to your body; it greatly reduces the stress put on your back.
12. Avoid twisting your body.