

Task: Manual Lifting

Date: March 2006

PPE: Hard Hat, Safety Glasses, Gloves, Hearing Protection, Safety Boots

Task/Activity:	Potential Hazards	Recommended Procedures
1. Size up the load to be lifted Seek assistance if necessary		
2. Use legs to lift load Ensure back is straight, not bent	a) pulled back/arm muscles b) slips/falls	a) get help if needed b) clear area around load
3. Keep load close to your body		
4. Lift in a smooth, fluid motion	a) overexertion could result in injury	a) lift slowly and smoothly and breathe properly
5. Turn feet to move, do not twist or move back	a) twisting your back could result in injury	a) ensure that only your foot move, not your back
6. If possible, push, pull, roll or slide rather than lift		
7. Use levers or other lifting equipment whenever possible		

Note: it is the individual's responsibility to determine their ability to lift loads