

Safe Work Procedure

MANUAL LIFTING

Identified Hazards: Musculoskeletal injury

PPE: As per site and Company rules plus hand protection

1. Estimate the weight and size of the load, if you need help, ask for it.
2. Exercise and stretch to warm muscles and increase blood flow.
3. Get a solid footing.
4. Bend at the knees.
5. Get a good grip on the object to be lifted.
6. Keep your back straight.
7. Lift with your legs.
8. Keep the object close to your body.
9. Ensure there is a clear path if carrying or moving the object a distance.
10. Keep your balance.
11. Do not twist as you lift.

To put the object down, do not bend at the waist and keep your back straight, bend at the knees, keeping the object close to your body until it is placed in a secure position.