

Safe Lifting

This task may only be performed by trained personnel

Written By: Sid Trager CRSP	Approved By: S. Trager CRSP	Date Created: March 9, 2012	Date of Last Revision:
Personal Protective Equipment (PPE) or Devices Required: <ul style="list-style-type: none"> • Appropriate / Required Footwear • Gloves 	Hazards Present/Potential Injuries: <ul style="list-style-type: none"> • MSI – Back Injury • MSI – Sprains and Strains • Slips, Trips & Falls • Overexertion 	Protective Measures/Training: <ul style="list-style-type: none"> • Safe Work Procedures • Body Mechanics 	



1. Plan your route before lifting and remove any obstacles. Ensure the lift is not awkward or too heavy. Ask for help if required.



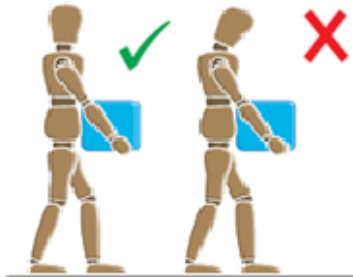
2. Adopt a stable position with feet apart and one leg slightly forward to maintain balance



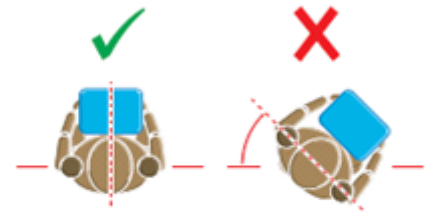
3. Start in a good posture



4. Keep the load close to the waist



5. Keep your head up when walking and handling



6. Avoid twisting the back or leaning sideways, especially while the back is bent

Guidance Documents/ Standards / Applicable Legislation / Other:

- Employee Safety & Health Handbook 2012
- Manitoba Workplace Safety and Health; Safe Work Bulletins**
 - # 246 Safe Lifting
 - # 247 Recognizing MSI Risks
 - # 248 Manual Materials Handling
- Manitoba Workplace Safety and Health Regulation, MR 217/06:**
 - 2.1 Safe Work Procedures
 - 6.1 Personal Protective Equipment
 - 8.0 Musculoskeletal Injuries

Supervisory Responsibility

Supervisors are responsible to provide all staff with proper instruction, equipment, and tools.
Supervisors are responsible to ensure that all safe work practices are followed.

Worker Responsibility

**Follow Safe Work Procedure
Wear appropriate PPE**

This Procedure will be reviewed any time the task, equipment, or materials change, or at a minimum every three years.