



## Lifting

Developed by:	Approved by:	Date created:	Last revision:
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Possible Hazards Present	Personal Protection Required	Additional Training	
<ul style="list-style-type: none"> <li>- Sprains and strains</li> <li>- Torn ligaments</li> <li>- Musculoskeletal Injuries</li> </ul>	<ul style="list-style-type: none"> <li>- Back Belt</li> <li>- Wrist Supports</li> <li>- CSA Footwear</li> </ul>		
<ol style="list-style-type: none"> <li>1. Bend to lift objects - Don't stoop.</li> <li>2. Keep your back straight by tucking in your chin.</li> <li>3. Lift with the stronger leg muscles, not weaker back muscles.</li> <li>4. Size up the load and check overall conditions.</li> <li>5. Do not attempt the lift by yourself if it appears to be too heavy or awkward.</li> <li>6. Check that there is enough space for movements, and that the footing is good.</li> <li>7. "Good Housekeeping" ensures that you won't trip or stumble over an obstacle.</li> <li>8. Make certain that your balance is good. Feet should be shoulder width apart, with one foot beside and the other foot behind the object that is to be lifted.</li> <li>9. Grip the load with the palms of your hands and your fingers.</li> <li>10. Use your body weight to start the load moving, then lift by pushing up with your legs.</li> <li>11. Keep arms and elbows close to the body while lifting.</li> <li>12. Carry load close to your body.</li> <li>13. Don't twist your body while carrying a load. To change direction, shift your foot position and turn your whole body.</li> <li>14. Watch where your going!</li> <li>15. To lower object, bend knees. Don't Stoop.</li> <li>16. Deposit load on a bench or shelf, place it on the edge and push it into position.</li> <li>17. Make sure your hands and feet are clear when placing the load.</li> </ol> <p>Team Lifting</p> <p>If weight, shape, or size of an object makes the job too much for 1 person, ask for help.</p> <ol style="list-style-type: none"> <li>1. Ideally the worker should be approximately the same size for the team lifting.</li> <li>2. individual needs to be responsible for control of the action to ensure proper coordination. If 1 worker lifts too soon, shifts load, or lowers it improperly, either they or the person working with them may be injured.</li> <li>3. Walk out of step.</li> </ol> <p>Use a mechanical means or aid where possible.</p>			



<p>Documentation/Legislation Workplace Safety and Health Regulation, M.R. 217/2006</p> <p>2.1 Safe Work Procedures 6 Personal Protective Equipment 8 Musculoskeletal Injuries</p>	<p><b>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</b></p>
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