



**SAFE WORK PRACTICE**

<b>TITLE</b>	Manual Lifting And Carrying
<b>GENERAL</b>	Protecting workers from injuries associated with material lifting and carrying.
<b>APPLICATION</b>	Most lifting accidents are due to improper lifting methods. All manual lifting should be planned and safe lifting procedures followed.
<b>PROTECTIVE MECHANISMS</b>	Permit system Safe work procedure Safe lifting procedures PPE ERP (Emergency Response Plan)
<b>SELECTION AND USE</b>	As per safe work procedure Safe lifting procedure
<b>SUPERVISOR RESPONSIBILITY</b>	Supervisors are responsible to facilitate and/or provide proper instruction to their workers on protection requirements and training Selection of lifting equipment
<b>WORKER RESPONSIBILITY</b>	<ol style="list-style-type: none"> <li>1. Ensure that you know your physical limitations and the approximate weight of materials.</li> <li>2. The use of power equipment or mechanical lifting devices should be considered and employed where practical.</li> <li>3. Obtain assistance in lifting heavy objects.</li> <li>4. Ensure a good grip before lifting and employ proper lifting technique.</li> <li>5. Avoid reaching out.</li> <li>6. Pipes, conduit, reinforcing rods and other conductive materials should not be carried on the shoulder near exposed live electrical equipment or conductors.</li> <li>7. Be aware of hazardous and unsafe conditions.</li> </ol>