

TRASHCAN TALK

Employee Safety Communication

Lifting Safety

EDITION: 8

November 2016



Before lifting, think about the lift you are about to perform:

1. How am I going to lift the item?
2. How heavy is the item?
3. Where am I taking the item?
4. What hazards may obstruct my travel path?
5. Do I need to use mechanical assistance?

Also, you should always remember to make sure the item is packed correctly and easy to handle. Decide your hand placement prior to lifting the object so you don't have change hand positions while holding the item.

Two-person lifting is a great technique for lifting heavy or bulky objects with a difficult shape. However, team lifting does require an immense amount of communication between the people involved.

When you use smart lifting practices like two-person lifting, you are less likely to be injured or suffer from back sprains, muscle pulls, or wrist/elbow injuries. This can easily be caused by lifting a heavy object on your own.

When you lift an object with another person, divide the weight in half. You or the other person needs to be responsible for control during the entire process. This means this one person decides when you lift the object, when you put the object back down and speed of each process. Coordinate as much as possible with the other person. **Communication is the most important part of two-person lifting.**

Wear your Personal Protective Equipment

gloves, high visibility safety vest, safety glasses, safety boots, hearing protection, head protection, dust masks and respirators, harnesses and lanyards, work clothes

REQUIRED AT ALL DUMPS

Safety starts here!

Created by Beth Cohen

- ◆ Know the correct way to lift the object.
- ◆ Be aware of stairs or other tripping hazards
- ◆ Choose the safest route.
- ◆ If the load is slippery or wet, make sure it is dry before picking it up.
- ◆ Use a sturdy ladder and other safe platforms to reach for objects out of your reach.
- ◆ Concentrate on your actions while lifting the object – becoming distracted will be dangerous and can result in a serious injury.
- ◆ Choose lightweight tools that will help you reach for a load.

The 6 L's Lifting

1. **LOAD**

✚ Check the object for uneven weight or weird bulkiness. If you do find any uneven weight placement, make sure you plan the way you would like to lift the object before you attempt to so.

2. **LEGS**

✚ Your leg muscles should be primarily used to lift an object. Bend at the knees as you prepare to lift the object, don't bend down with your back.

3. **LOWER BACK**

✚ Maintain a hollow point in your lower back to keep your back straight. Don't slouch in any way.

4. **LUNGS**

✚ Take a deep breath before you lift and tighten your abdominal muscles.

5. **LEVER ARM**

✚ The closer the load is placed to your body, the less it weighs. You can thank physics for that!

6. **LOOK UP**

✚ Look up right before you lift the object. This will keep your back aligned properly.