

SAFETY BASICS

SAFE LIFTING- PLANNING THE LIFT

Plan the lift first.

1. Test the weight by attempting to pick up a corner of the object. Do not attempt to lift the load by yourself if it is too heavy or awkward.
2. If the load is too heavy or difficult to handle, seek assistance from a fellow employee to transport the load; use a hand truck or other lifting aide.
3. Inspect the load. If it is sharp or slippery wear hand protection.
4. Examine the walking path for obstructions and slip hazards.

