

## CONSTRUCTION

## EMPLOYEE HANDOUT

### SAFE LIFTING - PLANNING THE LIFT

Complete sentences by choosing the correct letter from the list below.

1. Test the weight by... \_\_\_\_\_
2. If the load is too heavy or difficult to handle,...  
\_\_\_\_\_
3. Inspect the load. If it is sharp or slippery...  
\_\_\_\_\_
4. Examine the walking path... \_\_\_\_\_



Select the correct letter:

- a. seek assistance from a fellow employee to transport the load; use a hand truck or other lifting aide.
- b. wear hand protection.
- c. for obstructions and slip hazards.
- d. 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.

Answers to quiz:  
1. d. 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. a. seek assistance from a fellow employee to transport the load; use a hand truck or other lifting device.  
3. b. wear hand protection.  
4. c. for obstructions and slip hazards.



Employee \_\_\_\_\_

Date \_\_\_\_\_

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## EMPLOYEE HANDOUT

### SAFE LIFTING TECHNIQUES

Complete sentences by choosing the correct letter from the list below.

1. If you can safely handle the load, use... \_\_\_\_\_
2. Bend at the knees and get... \_\_\_\_\_
3. Lift gradually, using your legs, keeping... \_\_\_\_\_
4. Keep the back... \_\_\_\_\_
5. Walk slowly and if changing direction,... \_\_\_\_\_
6. Set the load... \_\_\_\_\_



#### Select the correct letter:

- a. and neck straight.
- b. the correct lifting technique.
- c. turn your feet. Do not twist the body.
- d. down carefully.
- e. a secure grip and hug the load.
- f. the load close to your chest.

Answers to quiz:  
 1. b. the correct lifting technique.  
 2. e. a secure grip and hug the load.  
 3. f. the load close to your chest.  
 4. a. and neck straight.  
 5. c. turn your feet. Do not twist the body.  
 6. d. down carefully.



Employee \_\_\_\_\_

Date \_\_\_\_\_