

SAFE LIFTING – PLANNING THE LIFT

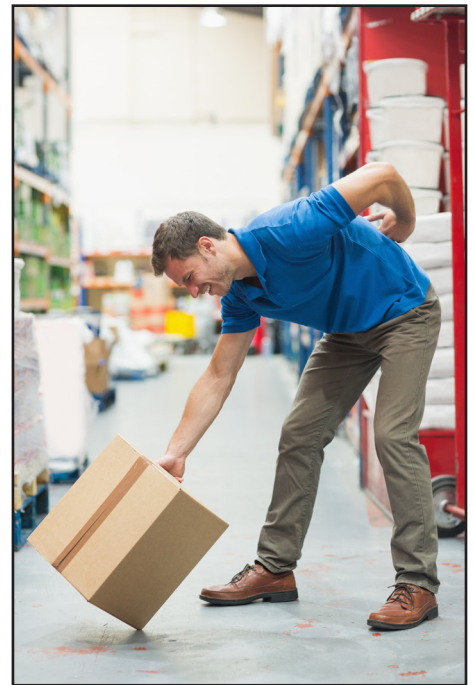
Complete sentences by choosing the correct letter from the list below.

1. Do not attempt to lift the load by yourself if it is too heavy or awkward. Test...

2. If load is too heavy or difficult to handle, seek assistance from a co-worker. Use a...

3. Inspect the load. If it is sharp or slippery,...

4. Examine the walking path...



Select the correct letter:

- a. for obstructions and slip hazards.
- b. wear hand protection.
- c. the weight by attempting to pick up a corner of the object.
- d. a hand truck or other lifting aide.

Answers to quiz:
 1. c. the weight by attempting to pick up a corner of the object.
 2. d. a hand truck or other lifting aide.
 3. b. wear hand protection.
 4. a. for obstructions and slip hazards.



Employee _____

Date _____

SAFE LIFTING TECHNIQUES

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

1. If you can safely handle the load, use the... _____

2. First, bend at... _____

3. Get a secure... _____

4. Using your legs, gradually... _____

5. Keep the... _____

6. Walk... _____

7. If changing direction,... _____

8. Carefully, set... _____

Select the correct letter:

- a. the load down.
- b. lift, keeping the load close to your chest.
- c. correct lifting technique.
- d. the knees.
- e. slowly.
- f. grip and hug the load.
- g. back and neck straight.
- h. turn your feet. Do not twist the body.

1.



2.



3.



Answers to quiz:
1. c. correct lifting technique.
2. d. the knees.
3. f. grip and hug the load.
4. b. lift, keeping the load close to your chest.
5. g back and neck straight.
6. e. slowly.
7. h. turn your feet. Do not twist the body.
8. a. the load down.



Employee _____

Date _____