



Lifting Safety

In our industry, we fail to recognize that we are exposed to lifting objects in the workplace. These objects may be awkward and/or heavy and require a material handling device or a two-person lift. Think about the following lifting techniques when moving heavy objects, file boxes, box of paper, or even office decorations. Use the following lifting techniques:

- Always lift with your legs while keeping your feet firmly planted, not your back!
- To safely move an object:
 - Get your body as close to the object as possible.
 - Bend your knees, maintaining good posture
 - Grip the load firmly with both hands
 - Slowly lift with your legs
 - Do NOT twist your body – always keep your feet in the same direction as the load
 - Make sure you can see over the load
 - Once at your final destination bend your knees and lower the load
 - Place the object on a flat surface

Material Handling Devices – Always use lifting devices such as push carts or dollies. Even if you do not think the object is too heavy, it is wise to use an accessible cart.

Two-Person Lifts – If an object is too heavy, always ask for help! Use the following techniques for a two-person lift:

- Try to find a person to help you that is physically fit for the transfer and approximately your height.
- Communication is the key! Make sure both persons are aware of when and where to move the object.
- Lift and raise the object at the same time, keeping the load level.
- Remember to always lift with your legs, regardless of how many persons are involved with the transfer.

This information is proprietary and is intended to assist you in your safety efforts. It must not be assumed that every unsafe condition or procedure has been covered in this document, nor that every possible loss potential, and legal violation has been identified herein. This document is not a substitute for the establishment of risk management programs by your management.

To access additional resources, visit Safety Resources on www.easternalliance.com, or contact your Regional Eastern office 1.855.533.3444.