

Manual Lifting

<b>Facility:</b>	<b>Written By:</b>	<b>Approved By:</b>	<b>Date Created:</b>	<b>Date of Last Revision</b>

<b><i>Hazards Present:</i></b>	<b><i>PPE or Devices Required:</i></b>	<b><i>Additional Training Required:</i></b>
Back injury	Gloves	
Bodily injury	Steel toe boots	
Pinch point		

**Safe Work Procedure:**

- 1) Size up the load. If you think you need help, ask for it.
- 2) Get a good footing.
- 3) Bend your knees and get a good grip on the object to be lifted.
- 4) Keep your back straight, lift with your legs, and keep the object being lifted close to your body.
- 5) Keep your balance and do not twist or turn as you lift.
- 6) To put the object down again, do not bend from the waist. Keep your back straight and bend your knees, keeping the object close to your body until it is placed in a secure position.

***If an emergency situation occurs while conducting this task, or there is an equipment malfunction, engage the emergency stop and follow the lock out procedure***

**REPORT ANY HAZARDOUS SITUATIONS TO YOUR SUPERVISOR**

<b>Guidance Documents/Standards:</b>  Part 8 Musculoskeletal Injuries	This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years
	Reviewed By WSH Committee:  Date: