



MANUAL LIFTING SWP 013

Background:

Manual lifting is one of the major causes of soft tissue injuries in the workplace. Some of these injuries can be severe, resulting in debilitating conditions which can last a lifetime. Take time to think about how to best perform the lift; never attempt to lift something which is too heavy, awkward or big without obtaining assistance.

Hazards:

• Muscle Strain Injuries	• Crush injuries	• Damages
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PPE Required:

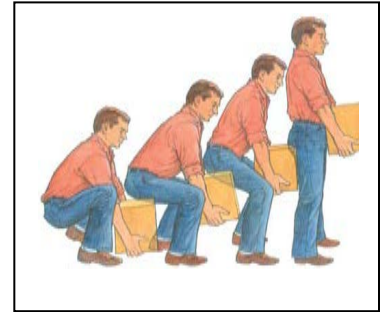
• Eye protection, as required	• Gloves, as required
• Safety vest as required	• Safety footwear (as required)

Pre Set-Up:

- Ensure the area is free of debris (remove tripping hazards)
- Check the area that you are moving the object to. Ensure that the area is free of debris and tripping hazards.
- Know what your lifting capacity is. Know what you're lifting and approximately how heavy it is. Get assistance to lift heavy objects.

Procedure:

- Move close to the object you are lifting.
- Bend at the knees, keeping your back straight, feet should be shoulder width apart.
- Have a firm grip on the object and test the weight of the object. If you feel uncomfortable, do not lift object. Get assistance to lift it.
- Lift straight up keeping the object as close as possible.
- Face area where you are depositing object. Turn by stepping in the direction you are going.
- When lowering the object, reverse the procedure.



Post Procedure/Take Down

- Ensure that the work area is left tidy and free of debris and tripping hazards.

Summary:

- Wear all PPE
- Know what your lifting capacity is. Know what you're lifting and approximately how heavy it is. Get assistance to lift heavy objects.
- Lift with a straight back, never twist your back while bearing weight
- Avoid lifting objects repetitively over shoulder height
- Never lift or obtain heavy objects from over shoulder height, obtain an appropriate step ladder or rolling staircase with locking wheels.