



## Meiners Electric, Company Safety Manual

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REVIEWED BY:

L. Kirk Berglund, Safety Director

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SUBJ:

**Safe Practices When Lifting**

### 1. SAFE PRACTICES WHEN LIFTING

1. If load is too heavy or awkward, get help.
2. Determine exactly where you will put the load before lifting, rather than determining the destination mid-lift.
3. If possible, use a wheeled cart to move loads.
4. Make sure footing is solid and not slippery.
5. Provide support for heavy parts or parts of the load that may shift.
6. Get close to the load, instead of reaching for it.
7. Stand with feet a comfortable distance apart for good balance. Lift with leg muscles and not with your spine. Keep back straight, not necessarily vertical, and bend at knees and hips.
8. Avoid false motions, sudden jerks or pulls
9. Shift feet to turn, never twist body.
10. When lifting with another, establish timing so both can lift smoothly and in unison