

These safety
recommendations
are furnished
as another
Property &
Personnel
Conservation
Service of



L U A

Lumbermen's Underwriting Alliance

A member company of the Lynn Insurance Group
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safety

PAMPHLET

LIFTING

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Lifting

1. Before lifting:
 - a. Size up the load, if it is too much for one person to carry, get help, use a hand truck or other mechanical device.
 - b. Walk through the path you need to take, make sure the floor is clear of debris and spills and the spot where you want to unload is clear.
2. Get a firm footing using the diagonal stance, put one foot along side the load and the other behind.
3. Bend your knees, not your waist.
 - a. One knee on the floor will give you leverage.
 - b. An elbow on the knee gives additional leverage.
4. Wipe off the load if it is wet or greasy. Get a good grip. Use your full palm, not the fingers.
 - a. Keep fingers away from pinch points.
 - b. Wear gloves that will allow you to get a good grip.
5. Tuck in your chin.
6. Use your leg muscles, not your back to lift.
 - a. Tighten your stomach muscles.
7. Keep the load close to your body.
8. Pivot your body to change direction, do not twist at the waist.
 - a. Do not pivot while lifting.
9. Unload carefully.
 - a. Use the leg muscles.
 - b. Watch for pinch points.