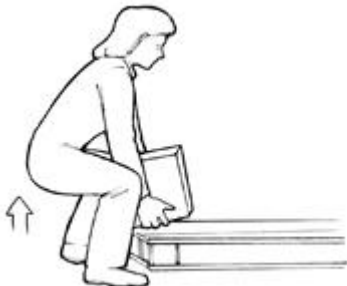


October Safety Talk

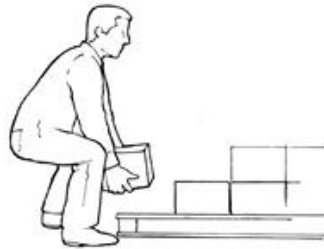
Safe Lifting

If you are lifting.....

- Bend your knees.
- Place feet apart for good balance.
- Lift slowly and smoothly.
- Keep the object as close to your body as possible.
- When you need to do the same task for a long period of time, try to change your posture as often as possible.
- Get mechanical assistance for heavy loads.
- Push, rather than pull, a load.
- Share the load with a partner.



When lifting loads use a two-handed grip where practical and maintain a straight back with your head up.



Be aware of these risk factors that increase the likelihood of a musculoskeletal injury:

- Use of excessive force
- Highly repetitive movements
- Awkward and/or static postures
- Manual handling of heavy loads
- Poor tool, equipment, or workplace design
- Poor work organization (lack of task variety, excessive work pace, etc.)
- Cold temperatures
- Vibration

Remember that your back needs regular stretching to avoid injuries when lifting!



There is a right and a wrong way to stretch:

- The right way is a relaxed and held (sustained) stretch with your attention focused on the muscle you're stretching.
- The wrong way is to repeatedly bounce, bob, jerk, or stretch to the point of pain.
- Improper stretching can cause more harm than good