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| **Department:** | **Public Works** | **Area:** | **All** |  |
| **Subject:** | **Manual Lifting** | | |

**MANUAL LIFTING SWP**

**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:**

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| * Muscle Strain Injuries | * Crush injuries | * Damages |

**PPE Required:**

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| * 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.

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| **Created: August 25, 2010**  **Revised: N/A** | **Created by: Jason Duchak**  **Approved by: R. Kroeker** |