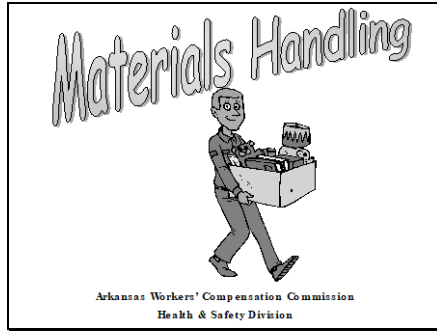
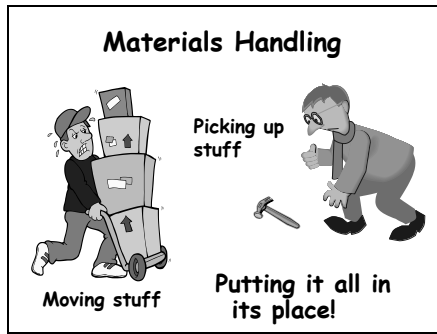


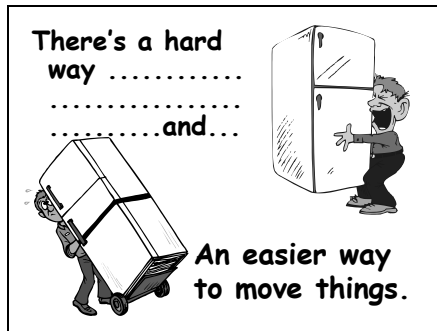
Slide 1



Slide 2



Slide 3



Slide 4

Make it Easy on Yourself!

- ❖ Look at the load
- ❖ Check out the footing
- ❖ Protect your hands

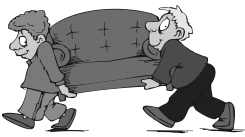
A cartoon illustration of a man in a grey uniform and cap, carrying a large wooden barrel. He is looking back over his shoulder at the barrel while walking.

Slide 5

The Load

- ❖ Size of the load
- ❖ Weight of the load
- ❖ How often do you move it
- ❖ How stable is the load


Where do you move it to and from?

A cartoon illustration of two men in grey uniforms moving a large, patterned sofa. One man is at the front, pushing it, and the other is at the back, pulling it.

Slide 6


"Lifting with your legs, not your back" is good advice - IF you can get the load close to your body.

Bulky loads are sometimes harder to lift than small loads because you can't get the center of the load close to your body.


A cartoon illustration of a man in a grey uniform struggling to lift a very bulky, rounded object. He is leaning forward, and the object is large and awkwardly shaped, making it difficult to handle.

Slide 7

- ❖ Try to keep the height of lifts between your knees and your heart.
- ❖ Plan for this by planning where you store things.
- ❖ If you put things on the floor, you'll have to pick them up from the floor!

A cartoon illustration of a worker wearing a hard hat and safety vest, carrying a tall stack of boxes. The worker is walking, and the boxes are slightly off-balance, suggesting a risk of dropping them.

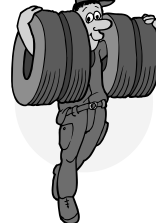
Slide 8

A cartoon illustration of a worker carrying a large log on his shoulder. The log is very long and thick, making it difficult to handle.

- ❖ How often do you have to lift?
- ❖ A small item may not seem to be much until you have to lift it several hundred times per day.

Slide 9

- ❖ How stable is your load?
- ❖ Can it shift and fall while you're moving it?

A cartoon illustration of a worker carrying a large roll of material, possibly a rug or a mat, over his shoulder. The roll is very large and heavy, and the worker is struggling to carry it.

- ❖ As you try to catch the falling load, you could injure yourself.
- ❖ Make sure the load is stable and secure before picking it up.

Slide 10

Footing

❖ Keep your floor clean, dry and free from tripping hazardsand

❖ Wear sturdy slip-resistant shoes.

❖ Don't twist the back - move those feet instead!

A cartoon illustration of a man in a white shirt and tie, slipping on a banana peel. He is holding his back in pain, and a speech bubble above him says "Ouch!".

Slide 11

Hands

❖ Watch out for proper clearance.

❖ Wear the gloves with a good grip - and make sure they fit you!

A cartoon illustration of a man with a wide, toothy grin, holding a hammer. He is wearing a dark shirt and pants.

Slide 12

Tips for Handling Materials Safely


1. Never pick up loads that are too big for you to handle safely.
2. Keep loads close to the body.
3. Avoid frequent lifts - even if the load is light.
4. Avoid twisting and side-stepping - no need for back injuries!

Slide 13

5. Make sure you have plenty of clearance for your hands and fingers.

6. Watch out that you don't pinch your fingers when you put down your load.

7. Wear some good work gloves to prevent splinters, blisters and cuts.



Slide 14