

Company Name: _____ Dept: _____ Location: _____ Date: _____

#13

LIFTING, MOVING, CARRYING & LOADING HEAVY OBJECTS

- ✓ Lift and move heavy objects with appropriate equipment: hand truck, forklift, hoist, crane, loading ramp, etc.
- ✓ Always secure object(s) to lifting device so load does not shift.
- ✓ Handle lighter objects by hand lifting and carrying, observing proper lifting techniques. If weight is not easily supported by you, do not attempt to lift without sufficient help.
- ✓ Wear gloves, safety shoes and adjust lifting support belts when lifting, moving and loading objects such as cement sacks, molds and pre-cast concrete products.
- ✓ Do not lift heavy objects if you experience back soreness/strain, muscle stiffness, fatigue, or any other physical condition, which may be aggravated or injured by lifting. Report such problems immediately to your supervisor.
- ✓ Make sure there is a clear pathway before you attempt to lift and move an object. Do not carry objects in such a way that your vision of the pathway is obstructed. Whenever possible, have a co-worker help you move an object and guide your way.
- ✓ Rest or temporarily store objects in a stable position at a location, which does not present a hazard to nearby work activity.

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Document Filing Reference

Notes & Suggestions