

TOOLBOX SAFETY MEETING

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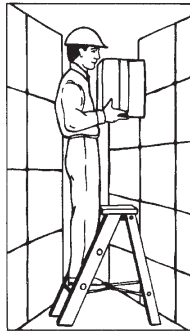
Risk Control

Lifting and Moving Awkward Loads

The safest way to lift an object is to tuck your pelvis, bend your knees slightly, hug the load close to you and lift straight up without twisting, while maintaining the natural curves of your back. But what if the object is overhead, below you in a bin or just too awkward for standard lifting techniques? Here are some suggestions for handling awkwardly shaped or awkwardly located loads.

Overhead Loads

- Use a ladder, stool or platform to avoid over reaching.
- Test the weight, then slide the object toward you and hug it close as you descend.
- If possible, lower the object to a coworker before descending.



Can't See Where You Are Going?

- Get mechanical help or ask a coworker to help you, even if the load is light.

Long, Heavy Loads

- Get a coworker to help you. Walk out of step carrying the load on your shoulders.

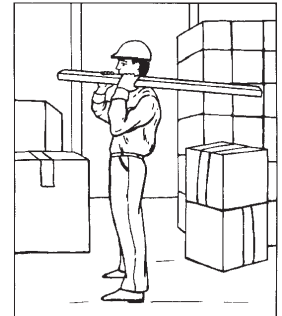
Long, Light Loads

- Carry them on your shoulder, with the front end higher than the rear.

Reaching Into a Bin

- Stand with your feet shoulder-width apart.
- Bend your knees slightly.
- Squat as far down as you can, using your hips and knees, not your waist.

- Slide the load as close to you as possible.
- Tighten your abdominal muscles.
- Brace your knees against the sides of the container for support.
- Raise yourself, using your leg and hip muscles, not your back.



What awkward lifting tasks do you encounter in your work area?
How do you handle them?

Are there ways to store or package your awkward materials to make them safer?

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