



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

Strong Back & Weak Mind?

Employment in the moving, storage and warehousing industry is very labor intensive. No doubt you've heard comments made such as, "strong back, weak mind" as a jab towards the profession. However, the skilled men and women within the moving, storage and warehouse industries prove this statement **WRONG** on a daily basis. Whether it's a residential cross country move or an office relocation two blocks down the street, successful moves must be thought through and coordinated.

Focus on the achievement of a successful move often overshadows basic safety practices- that can result in injury. Listed below are basic safety tips that must be practiced, which will make you safer and consequently allow you to complete the job in a timely manner.

Walk the Jobsite and Assess Your Surroundings

- Uneven surfaces—curbs, steps, elevated thresholds between rooms, drop-offs at sidewalk edges, recessed rooms, etc.
- Awkward objects/obstacles that may be in the way – children's toys, pictures on walls, handrails on stairways, porch/patio decorations, vehicles in loading areas, etc.
- Low hanging objects/low ceilings – make note of light fixtures, ceiling fans, doorways transitioning from room to room, etc.

Walk Board Safety

- Inspect all walk boards for cracks and slick spots.
- Be sure to park the truck on a flat level surface.
- Setting walk boards requires a minimum of two people; practice the team concept to avoid injury.
- Make sure walk boards are anchored and pinned to the truck.
- Use extreme caution in adverse weather conditions such as rain, sleet and snow.



Before You Lift:

- Size up the load- is it too heavy/awkward for one person to lift or will it require a team lift?
- Make sure your pathway is clear prior to moving material.
- Always use two-wheel hand trucks, lifting straps, furniture carts/skates, etc. wherever possible.

When Lifting

- Stand as close to the object as possible with feet spread shoulder width apart.
- Squat down keeping your back straight, bending at the knees.
- Remember to always lift with your legs and not your back. Bend at your knees, not your waist.

Questions:

1. True or False: Assessing jobsites for obstacles such as low hanging objects and uneven surfaces is unnecessary.
2. True or False: Always inspect walk boards for slick spots and cracks prior to use.
3. True or False: Always use two-wheel hand truck, lifting straps, furniture carts/skates, etc. wherever possible.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7