



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION **RISK REMINDER**

Safe Material Handling & Proper Lifting

Lifting & material handling are the two operations done on a day-to-day basis. As a result, they are the largest contributor to work place injuries in the Moving business. Listed below are a few tips to assist with injury prevention:

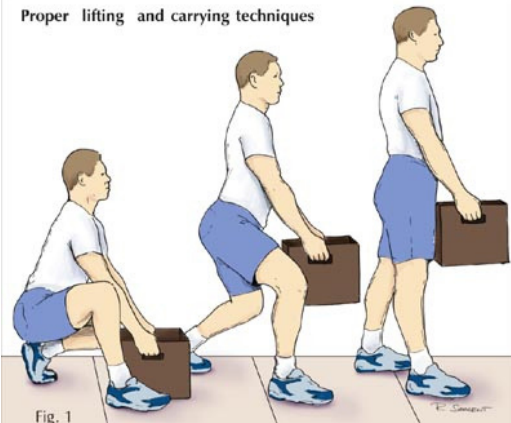
Before you lift, consider the following:

- Size up the load-make sure it is not too bulky or heavy for one person to lift.
- Make sure your pathway is clear for moving material.
- Can the item be moved using aides such as a handcart, lifting straps, furniture cart, or two-wheel hand truck, wherever possible.
- Practice team lifting to move bulky or heavy objects.

Protect your back by:

- After arriving at the job site, stretch and loosen up your muscles before starting the lift.
- Stand close to the material to be moved with both feet firm on the floor and spread at about shoulder width, with your toes pointing out.
- Squat down as close to the material as possible, keeping your back straight, bending at the knees.
- Lift by using the stronger muscles in your thighs, shoulders, upper arms and hips as the primary lifting force.
- Make sure you have a firm grip on the material to be lifted.
- Lift in a smooth motion with the load as close to your body as possible. Keep your weight centered over your feet for proper balance.

Proper lifting and carrying techniques



Never:

- Twist your body while lifting or carrying a load.
- Bend at the waist to lift a load. Always keep your back straight to prevent strains and muscle pulls.
- Try and be a hero by lifting too much or moving too heavy an item. Always Use team lifting for this purpose.
- Carry a load while not being able to clearly see your travel path.
- Step over objects when carrying a load.
- Change your grip while holding a load.

Questions:

1. True or False: Always get the job done as quickly as possible, not worrying about lifting too much. ____
2. True or False: Always use your back muscles for lifting because they are the strongest muscles you have. ____
3. True or False: It's always a good idea to twist your body while moving a load. ____

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

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