

SAFETY MEETING

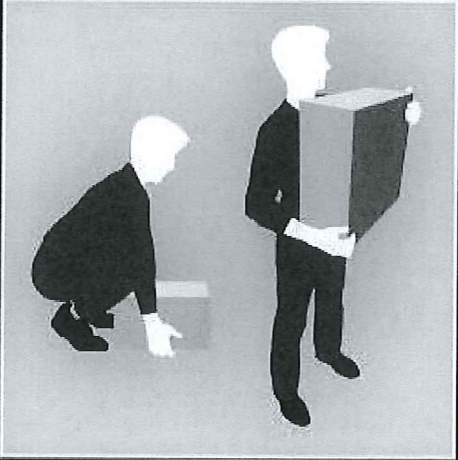
29

Company Name: Superior Waterproofing Job Name or #: _____ Date: _____

7/28/17

Backs and Lifting (Grainger)

Safe Lifting Tips



1. Stand close to the load.
2. Use a wide stance for better balance.
3. Be sure you have a good grip.
4. Use handles when appropriate.
5. Tuck your chin to your chest.
6. Lift with your legs and body not your back.
7. Keep arms straight and abdominals tight.
8. Lift the load smoothly without jerking.
9. Avoid twisting and bending to one side.
10. Keep the load centered and as close to your body as possible.



- 1 PLAN YOUR ROUTE FIRST**
Ask yourself: "where is it going? Can I carry this alone? Will it block my vision?" Make sure your path is clear and there are no blockages.
- 2 USE EQUIPMENT WHENEVER POSSIBLE**
It's safer to use a hand truck, cart or lift than your body.
- 3 WEAR PROPER CLOTHING**
Tight clothing and improper footwear can limit your lifting ability.
- 4 WORK FROM A STABLE BASE**
Keep your feet shoulder-width apart. Placing one leg in front of the other will help with balance and control.
- 5 HUG THE LOAD**
The closer you keep the load to your body, the less strain it can put on your back.
- 6 BEND YOUR KNEES**
Lift with your legs and avoid using your back to lift.
- 7 AVOID TWISTING OR LEANING**
Turn by moving your feet instead.
- 8 KEEP YOUR HEAD UP**
Look ahead when moving. This helps keep your spine in the correct position.
- 9 PUSH, NEVER PULL A LOAD**
This helps you avoid muscle strain and maintain control of the load.
- 10 KNOW YOUR LIMIT**
To reduce the risk of injury, OSHA recommends limiting the weight of loads so the necessary pushing force is less than 50 pounds.

Question: 1). Place these items in order 1 through 3. __Plan the lift __Hug the Load __Lift with legs, not back

WHAT UNSAFE OPERATIONS DID YOU FIND ON YOUR JOBSITE THIS WEEK? _____

What Corrective action was taken? _____

Meeting Attended By _____

Supervisor's Signature _____