

TED W. ALLEN &
ASSOCIATES, INC.

TECHNIQUE
FOR SAFE LIFT-
ING

- Never lift beyond your comfort level
- Make sure path is clear, no low level obstructions
- Avoid reaching
- Set feet firmly
- Keep item being lifted close to the body or chest
- Choose comfortable position for lift and set muscles, legs, hips, and back for the weight
- Get a "FIRM" grip
- Lift smoothly and avoid jerking or twisting w/load

BEFORE YOU
LIFT

- ▶ Size up the load, can you lift safely or do you need help
- ▶ Always get help with heavy loads
- ▶ Use lifting aids whenever possible, (e.g. carts, dollies, hand trucks, fork lifts, hoists, etc.)

Lifting Safety

VOLUME 1, EDITION 10

Who's At Risk?



We often tend to focus on who is at "Most" risk, which is smart. But accident statistics have often shown that some of the most costly injuries occur in jobs you may not expect. Below are some safe lifting tips for common jobs on property:

Leasing Agents

- Avoid moving furniture without assistance
- Make sure office door is open before carrying boxes or items requiring two hands from car
- Know your limits!

Make Ready/Paint/Cleaning

- Use mechanical aids when possible, (job carts for paint and equipment)
- Only carry what you can handle safely up stairs and ladders
- Use sidewalks vs. carry across lawns that can be wet, muddy,

and unlevel

Landscaping

- If in-house, ensure sod, shrubs, bags of mulch and soil, etc. are staged as close to bed or landscaping project as possible to reduce lift/carry distance
- If these items are delivered, have someone direct delivery to the point of installation vs. dropping at maintenance building

Maintenance

- Pre-planning for large jobs to ensure best techniques and lifting aids are used
- Always request deliveries to go to the point of installation and require their delivery personnel to carry to that area., (e.g. especially 2nd story & above). Delivery people love to drop and go
- Seek assistance when lifting heavy or awkward shaped items

like furniture, appliances, hot water tanks, fixtures, etc

- Ensure lifting aids are available and easy to locate, (designated storage area for dollies, carts, motorized carts, etc.)
 - Shop rooms are organized with heavy items stored on floor where they can be moved by dolly or lifting aid or on mid-level shelves to minimize bending and reaching when lifting
 - Strict housekeeping is enforced to avoid having to lift over and carry around low-level storage
 - Adequate space available in storage areas, avoid over stocking
- ### All Jobs
- Provide training annually on safe lifting techniques
 - Establish Solo Lifting guideline of 50 pounds or less, otherwise seek assistance or use lifting aid

Have You Tried These?

People are always trying to find a better way of lifting. Here are some interesting lifting aids you may or may not have tried before and web links:

Lifting Straps

- www.teamstrap.com
- www.getthestraps.com
- www.gripsystem.com



Furniture Sliders

- www.getezmoves.com
- www.safetyslides.com



Powered Climbing Dolly

- www.powermate.com

