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## **22.0 MANUAL LIFTING**

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### **GENERAL:**

Protecting workers from injuries associated with manual lifting and carrying.

### **RESPONSIBILITY:**

1. Wear suitable gloves when handling material.
2. Ensure that your footing is secure and staggered.
3. Bend knees and keep back straight.
4. Firmly grip object and slowly straighten legs. Avoid jerking or twisting motions.
5. Walk slowly and keep object close to body.
6. Obtain assistance for heavy or awkward loads.
7. Ensure that you know your physical limitations and the approximate weight of materials.
8. Avoid reaching out.
9. Be aware of hazardous and unsafe conditions.

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