



# Safety in Five

Topic: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Company: \_\_\_\_\_

**Topic specifics relevant to your job**

**❑ Facts about manual material handling**

- Over a half million injuries are reported annually in the U.S.
- Related injuries can result in chronic pain, disability, reduced productivity, medical treatment and potential financial stress
- The maximum weight to be lifted with two hands under ideal conditions is 50 pounds

**❑ Strain prevention steps**

- Determine the weight of the object and evaluate the need for assistance
- Ensure the path and your view is free of obstructions
- Test the to determine the impact of weight
- Carry lighter loads more frequently

**❑ General controls to be used whenever possible**

- Complete pre-shift warm up – stretch your shoulders, lower back and hamstrings
- Stack heavier items at waist level
- Use mechanical lifting aids or two-person lifts
- Repackage objects into containers that are easier to handle

- Check for protruding objects, sharp edges and splinters before lifting
- Have a plan of action if object starts to slip
- Push rather than pull

**❑ Safe lifting techniques**

- Stand with feet shoulder-width apart and keep back straight
- Lower yourself into a squatting position
- Use your whole hands to grip load firmly
- Bend at the knees, not the waist and hug the object close to you
- Slowly straighten your legs
- Do not twist
- Minimize reaching

**❑ Questions for the team**

- What are the heaviest items to be lifted?
- Is there anything we can do to eliminate or improve the lift?
- How should each difficult lift be completed?
- What assistive devices are available and when should they be used?

Attendees (Names/Signatures)	

**Comments/Suggestions**