

Topic: **Proper Lifting Technique** pg. 1

Did You Know:

When a person is standing straight, the back supports approximately 80% of the body's weight. In the case of a 200-pound person, the back is supporting approximately 160 pounds. When we bend at the waist, the weight that the back must support increases by six times (160 pounds X 6 = 960 pounds).

If we lift while bent over, the weight we lift is magnified by 6 times. A 45-pound weight, therefore, would cause the back to lift the equivalent of 270 pounds (6 X 45 = 270). This 200-pound person, bending at the waist, lifting 45 pounds, is actually putting the stress of 1,230 pounds on his back. (960 pounds + 270 pounds = 1,230).

- Stretch and exercise your back before starting each work day
- Know your limit and don't try to exceed it. Ask for help if needed, or if possible, divide the load to make it lighter.
- Wear back braces for heavy loads, or if the back needs to be supported for long periods.
- Before lifting, take a moment to think about what you're about to do. Always pay attention to the job. Do not become complacent.
- Examine the object for sharp corners, slippery spots or other potential hazards.
- Avoid twisting and turning while carrying a load. Use your legs to position and move the torso.
- Avoid sudden jerks and pulls on a load that could cause a muscle sprain or herniated disc.
- Know where you are going to set the item down and make sure it is clear where you will set the load. Also, make sure your path is completely clear and free of obstructions.

When the load is too heavy, GET HELP.

Notes: _____

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Proper Lifting Technique



1. Stand close to the load with your feet spread apart about shoulder width, with one foot slightly in front of the other for balance.



2. Squat down bending at the knees (NOT your waist). Tuck your chin while keeping your back as vertical as possible.



3. Get a firm grasp of the object before beginning the lift.



4. Begin slowly lifting with your LEGS by straightening them. NEVER twist your body during this step.



5. Once the lift is complete, keep the object as close to the body as possible. As the load's center of gravity moves away from the body, there is a dramatic increase in stress to the lumbar region of the back.

Notes: _____



Company: _____

Location / Dept.: _____

Leader: _____

Date: _____

Comment: _____

Topic:

Participant Information

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Additional Comment: _____

Simple Safety Meetings® Leader Guide

Procedural recommendation for a Simple Safety Meeting® Leader:

- A. Prior to the meeting read the topic content to be sure you understand it.
- B. Make notes regarding specific company issues, policies or items for extra emphasis.
- C. Have each participant “sign in” on the participant information sheet prior to starting the meeting and the meeting clock.
- D. Hand out the “Topic Content” meeting sheet when the participant “signs in” making sure each participant has a pencil or pen for note taking.
- E. Instruct the participants to take their time and read through the content, taking their time to understand it and make notes about questions or suggestions they may have.
- F. Wait until everyone is done reading, asking the early finishers to please be quiet while everyone else finishes. (During this time it is a good idea for the leader to re-read the content so as not to appear to be paying attention to who are slow readers and fast readers. Do not embarrass slow readers, but encourage them to take their time to finish so they completely understand and can ask questions.)
- G. After everyone has completed reading and making notes, use a few moments to emphasize, clarify or restate any of the most relevant topic points.
- H. Ask the participants if they have any questions, suggestions or need any clarification.
- I. When the 10-minute bell goes off, the leader must be totally done, except answering questions from the participants.
- J. If another meeting is scheduled, remind everyone of the next meeting date and time.
- K. End the meeting by thanking the participants for their attention and questions.
- L. Remind the participants that working safely is a choice, and you (the leader) and the company wants them to make a conscious effort to choose to work safely

Our content is such that it can be passed out to the participants for them to read during the meeting. The leader’s function is to merely emphasize company specific points, ask if everyone understands the topic points and ask for comments and suggestions.

Our theory is that many shift level safety meeting leaders are not presenters and can feel uncomfortable making any sort of presentation in front of a group of people. However, shift level safety meeting leaders are typically knowledgeable in their area and can handle participant questions and suggestions quite well. The goal of any safety meeting is to communicate the information and make sure the participants understand the safety issues, procedures and policies at hand for your specific company.

Our approach is a simple one. Short, to the point meetings that last no longer than 10 minutes. In fact, we suggest having a standard kitchen timer at the meeting. As soon as the meeting starts, set the timer for 10 minutes. When the bell goes off, the leader’s portion **MUST** be concluded and the **ONLY** allowable discussion is participant questions, suggestions and comments.

Ideally, the topic content should be covered within 10 minutes, not including employee questions. After 10 minutes of presentation, employee’s minds begin to wander, thinking about the workday ahead, future plans in their personal life or just daydreaming.