

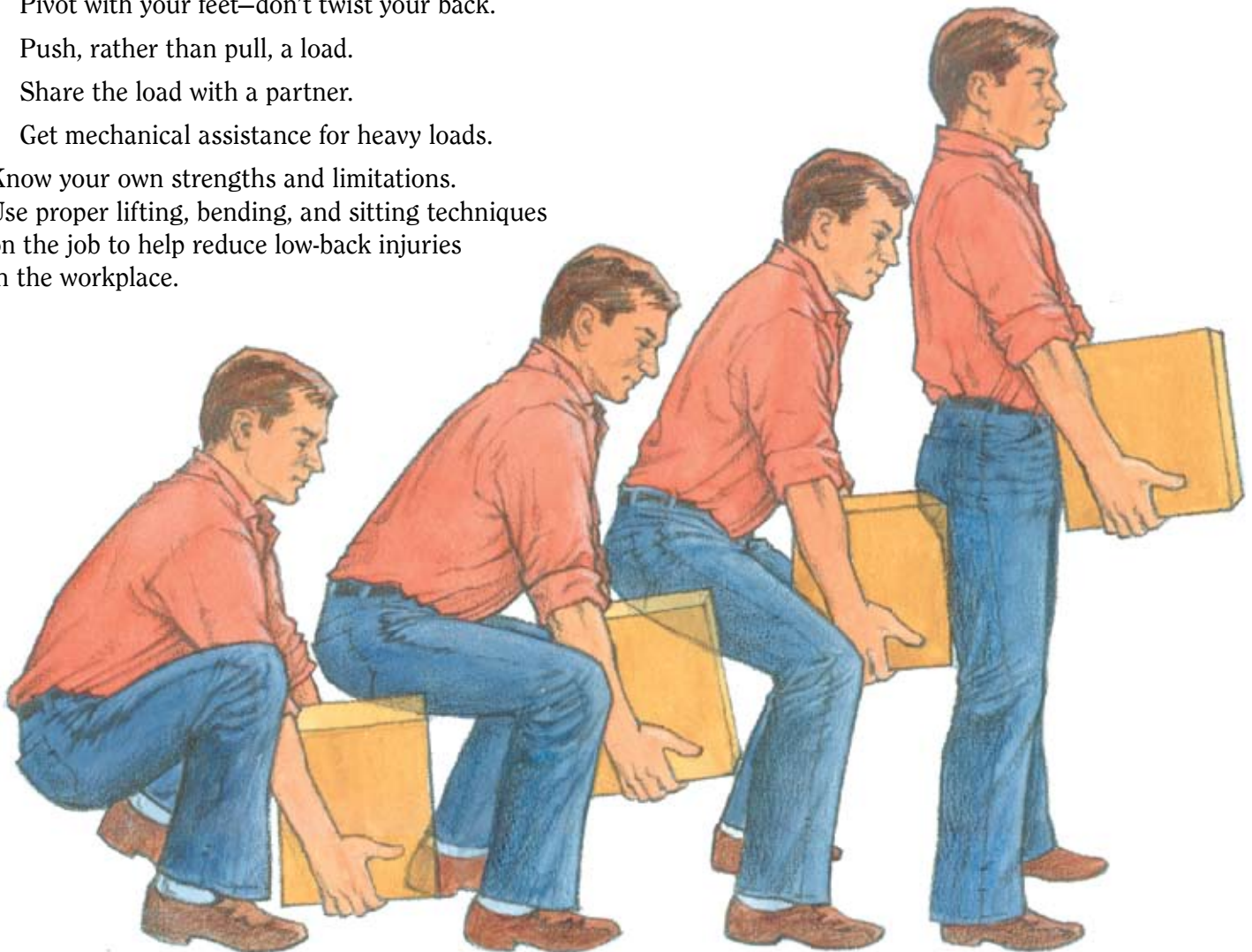


Safe bending, lifting, and carrying

It is very important to stay healthy and prevent injury to your lower back when you are on the job. Good ergonomic design in the workplace is important, as are the rules for safe lifting and carrying. Always follow these rules, even for lifting light objects:

- Place your feet apart for good balance.
- Bend your knees.
- Hold the object as close to your body as possible.
- Lift smoothly and slowly.
- Pivot with your feet—don't twist your back.
- Push, rather than pull, a load.
- Share the load with a partner.
- Get mechanical assistance for heavy loads.

Know your own strengths and limitations.
Use proper lifting, bending, and sitting techniques
on the job to help reduce low-back injuries
in the workplace.



Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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