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| Revision #:Written by: | Date: Month DD, YYYYApproved by: |
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| Related Documents:  |  |
| When to use this SWP: | Protecting workers from injuries associated with material lifting and carrying. Most lifting incidents are due to improper lifting methods. All manual lifting should be planned, and safe lifting procedures followed. |
| Hazards & Risks: | * Strains and Sprains
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| Personal Protective Equipment: | CSA approved * Foot wear with tread
* Gloves with Grip
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| Training Requirements: | * Safety orientation
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| Communication Process: | * Preventing strain and sprain injuries is key in maintaining the health and safety of workers. Back injuries are one of the most common injuries when handling material on the farm manually.
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| Equipment & Supplies: | * First Aid Kit
* Fire Extinguisher
* Cell/Smart Phone or two-way radio
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| 1. Gloves should be worn when handling material(s) (with sharp edges) to prevent cuts / scratches, or abrasions.
2. Look at the object to be lifted and know what the weights are and the size it is before you take on the task of lifting the unit. When looking at the size take into account that this may be light but awkward. This could be an empty box or a full box of material.
3. Always know what you are lifting and if in doubt ask for help. Get help whenever possible for items over 50 lbs or items too awkward to carry easily close to the body.
4. Take a moment to stretch and / or limber up muscles, prior to any lifting.
5. When lifting heavy objects, position your feet for balance – place one foot slightly ahead of the other, about hip width apart.
6. Lower yourself using your legs; keep your back as straight as possible.
7. Make sure you have a firm grip on the object. If lifting with others one person to take the lead and count so there is one smooth motion and not any jarring!
8. Use your legs and upper arm muscles to lift – DO NOT use your lower back!
9. Keep your arms and the object close to your body at waist level.
10. Pivot with the feet to turn rather than twist at the waist.
11. Plan your route and clear it before lifting.
12. Don’t lift any type of conductive equipment near any charged electrical system.
13. If you have any questions about what you are lifting, or you require some information please seek assistance from your supervisor.
14. Ensure that you know your physical limitations and the approximate weight of materials.
15. The use of power equipment or mechanical lifting devices should be considered and employed where practical.
16. Avoid reaching out.
17. Use prescribed lifting belts only.
18. Do not carry items over the shoulder.
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| EMERGENCY PROCEDURES: | In case of emergency, contact 911 and the farm owner immediately. Remove yourself from harm’s way and ensure no one else is at risk.  |