

Safe Work Practice – Manual Lifting & Carrying

SWP-001

Preparation: Safety Specialist

Approval Authority: Senior Management

Issuing Dept: Safety

GENERAL:

To ensure that Diversified Staffing employees are protected from the hazards associated with manual lifting and carrying.

PROTECTIVE MECHANISMS:

- Safe Work Practice (SWP)
- Personal Protective Equipment (PPE) - Part 18 OH&S Code
- Emergency Response Plan (ERP)

SELECTION AND USE:

- Safe work procedure

SUPERVISOR RESPONSIBILITY:

Supervisors are responsible to facilitate and/or provide proper instruction to their workers on protection requirements and training.

WORKER RESPONSIBILITY:

1. Ensure that you know your physical limitations and the approximate weight of materials.
2. The use of power equipment or mechanical lifting devices should be considered and employed where practical.
3. Obtain assistance in lifting heavy objects.
4. Ensure a good grip before lifting and employ proper lifting technique.
5. Avoid reaching out.
6. Pipes, conduit, reinforcing rods and other conductive materials should not be carried on the shoulder near exposed live electrical equipment or conductors.
7. Be aware of hazardous and unsafe conditions.

NOTES:

- All PPE must be inspected prior to use.

REFERENCES:

OHS Bulletin – How much can I lift? (OHS information for workers and employers)

***The information contained within this document does not take precedence over Occupational Health and Safety legislation. All employees should be familiar with the *Occupational Health and Safety Act* and the *Regulations*.**

Controlled by: Safety Specialist	Revised: June 28, 2017	Approved by: Senior Management	Path: P:\Corporate\Safety Docs\Safe Work Practices (SWP's)
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LIFT SAFELY AND SAVE YOUR BACK

