

# SAFE LIFTING PROCEDURES

## 1 SIZE UP THE LOAD

Size up the load. Never attempt to lift a load that is heavier than your comfort level. Do not lift alone if you estimate that the load is too heavy, awkward, bulky or will obscure your vision. Use proper personal protection equipment.



## 2 SECURE YOUR FOOTING

Make sure you are wearing appropriate rubber soled footwear. Align your body with the load. Face the load straight on. Assess your footing and balance by placing one foot forward of the other.



## 3 BEND YOUR KNEES

Bend your knees and squat. Keep your head up and back straight. Spread your knees or lower one knee to get closer to the object.



## 4 LIFT THE LOAD

Push up with your legs to utilize your strongest set of muscles. Tighten your abdominal muscles as you rise. Remember to breathe steadily when lifting. Keep the load close to your body as you come up.



## 5 CARRY THE LOAD

Lift the object to the carrying position. If it is necessary to change your direction when in the upright position be careful not to twist the body. Turn your body by changing the position of your feet. Always maintain steady breathing while handling the load.



## 6 LOWER THE LOAD

Bend your knees while lowering the load to the floor from a waist-high carrying position. Keep your back natural with the load close to the body, lowering the load with the arm and leg muscles.



## SPECIAL SAFETY TIPS

### Mechanical Assisted Lifting

If the load is too heavy or awkward to lift alone, and no one is available to assist you, use a mechanical device such as a hand truck, manual lift truck or hoist to lift the load.



### PUSH DON'T PULL

You can move loads as much when you PUSH. So remember, when you are moving a load on a cart or hand truck, PUSH DON'T PULL!



### Buddy Lifting Saves Backs

Impatience will injure you. Get help with awkward or bulky items. Lifting together is easier and safer than lifting alone.



### Avoid Unstable Loads

Unstable loads will injure your back and damage the load. Only carry as much as you can handle. Make sure you can see the ground in front of you when carrying a load.



### Stack Your Load Carefully

Stack heavy or large boxes on the bottom of the load to avoid tipping during transport.



### Standing on Stable Surfaces

Don't stand on unstable chairs, stools or ladders when lifting or moving objects.



### Carrying Above Your Head

Never lift an object past shoulder height. Use a sturdy stool, ladder, or other mechanical assistance.



### Personal Protection Equipment

Hard hats
Gloves
Respirators
Hand and eye protection
Other

Personal Protection Equipment  
If you think that an accident on the job, please contact your supervisor or  
Human Resources Department.

# Osha Safety Guide

**Peter S. Hopf**

## Osha Safety Guide:

**Handbook of OSHA Construction Safety and Health** Charles D. Reese, James Vernon Eidson, 1999-05-24 Although the construction industry employs only five percent of the nation's work force it suffers 20 percent of the nation's occupational fatalities and 12 percent of all U.S. injuries. Because of this the Occupational Safety and Health Administration OSHA has consolidated their construction standards compliance assistance cooperative programs and technical services to form the Directorate of Construction. Construction sites and operations have become the prime targets for the Directorate of Construction which has greatly increased its number of inspections, citations and penalties. The Handbook of OSHA Construction Safety and Health is for safety professional, contractor, project manager and owner who has the responsibility of implementing an effective on site safety and health program. These professionals are now in charge of everything from the safe operation of equipment to the safe removal of hazardous waste from the construction site. It is a practical guide that can be used by the construction industry on existing and future projects and jobsites in the critical area of occupational safety and health. Written using OSHA's Construction standards as a framework the book provides those responsible for construction safety and health with a definitive guide for eliminating safety and health hazards from construction worksites. In addition the handbook addresses subjects such as contractor liability, multi employer sites and focused inspection which are real and time problem areas faced by the construction industry. The Handbook of OSHA Construction Safety and Health contains a model safety and health program, examples of accident analysis and prevention approaches, sample safety and health checklist and forms and over 300 illustrations.

*Health and safety guide* National Institute for Occupational Safety and Health, 1976

**Health and Safety Guide for Bottled and Canned Soft Drink Facilities** National Institute for Occupational Safety and Health, National Institute for Occupational Safety and Health, Division of Technical Services, 1975

OSHA Safety and Health Guidelines for General Industry Bendix Corporation, 1975

*Designer's Guide to OSHA* Peter S. Hopf, 1982

**Healthcare Hazard Control and Safety Management, Third Edition** James T. Tweedy, MS, CHSP, CPSO, CHEP, 2014-03-12 Comprehensive in scope this totally revamped edition of a bestseller is the ideal desk reference for anyone tasked with hazard control and safety management in the healthcare industry. Presented in an easy to read format Healthcare Hazard Control and Safety Management Third Edition examines hazard control and safety management as proactive functions of an organization. Like its popular predecessors the book supplies a complete overview of hazard control, safety management, compliance standards and accreditation in the healthcare industry. This edition includes new information on leadership, performance improvement, risk management, organizational culture, behavioral safety, root cause analysis and recent OSHA and Joint Commission Emergency Management requirements and regulatory changes. The book illustrates valuable insights and lessons learned by author James T. Tweedy executive director of the International Board for Certification of Safety Managers. In the text Mr. Tweedy touches on the key concepts related to safety management that all

healthcare leaders need to understand Identifies common factors that are often precursors to accidents in the healthcare industry Examines the latest OSHA and Joint Commission Emergency Management Requirements and Standards Covers facility safety patient safety hazardous substance safety imaging and radiation safety infection control and prevention and fire safety management Includes references to helpful information from federal agencies standards organizations and voluntary associations Outlining a proactive hazard control approach based on leadership involvement the book identifies the organizational factors that support accident prevention It also examines organizational dynamics and supplies tips for improving organizational knowledge management Complete with accompanying checklists and sample management plans that readers can immediately put to use this text is currently the primary study reference for the Certified Healthcare Safety Professional Examination

**Construction Safety Handbook** Mark McGuire Moran,2003-07

This much anticipated new edition provides employers and employees with a day to day guide to reducing accidents and injuries ensuring compliance avoiding fines and penalties and controlling workers compensation costs You ll not only find comprehensive discussions on all of the construction safety regulations found in the Code of Federal Regulations CFR Title 29 Part 1926 but you ll also find the actual legal text of the regulations and overviews for each subpart for easier reference This Construction Safety Handbook covers both the obvious and the hidden dangers of construction and addresses the latest changes in OSHA standards including new recordkeeping requirements new ergonomic guidelines new requirements in the Steel Erection standard and new additions to signs signals and barricades requirements Written in plain English this comprehensive handbook provides you with the legal background practical advice and ready to use written compliance programs you need to ensure your sites meet workplace safety requirements protect workers and comply with the standards Each chapter provides a description of the requirements of the standard and a sample written compliance program checklists and the appropriate citations from the 29 CFRs The latest changes in enforcement and inspection policy are also detailed and a list of OSHA s most frequently cited construction standards is given

**OSHA Safety Regulation** United States. Osha Task Force,1977

**Pandemic**

**Influenza Preparedness and Response Guidance for Healthcare Workers and Healthcare Employers** ,2007

**Compliance Guide for OSHA's Laboratory Standard** ,1991 Designed to provide guidance to laboratories who must comply with 29 CFR 1910 1450 Occupational exposures to hazardous chemicals in laboratories

*Monthly Catalog of United States Government Publications* ,1976

**Practical Guide to Occupational Health and Safety** Paul A.

Erickson,1996-07-27 Written with corporate regulatory compliance officers health and safety managers loss control managers and human resource specialists in mind this book offers workplace tested strategies for meeting the health and safety needs of a modern corporation Emphasizing the practical means of achieving compliance with OSHA regulations this book also provides a unique assessment of the more extensive factors that influence the management of workplace health and safety The integration of practical regulation strategies with corporate objectives is particularly relevant to graduate

curricula in business management public policy and occupational medicine Provides practical guidelines for industrial compliance with major OSHA regulations Presents concise explanations of technical and scientific concepts underlying regulatory requirements Integrates specific examples of the global economy's influence on the design and implementation of workplace health and safety Elucidates the effects of health and safety programs on financial and legal risk management practices in industry Includes explanations of practical alternative compliance strategies for company health and safety officers

**Employment Safety and Health Guide**, 2004 Includes original text of the Occupational safety and health act of 1970

*Guide to U.S. Government Publications*, 2008-08 This comprehensive yet concise annual annotated reference source catalogs the important series periodicals and reference tools published by U.S. government agencies Over the years the index section of the Guide to U.S. Government Publications has expanded to more than 40 000 entries Agencies and titles are indexed followed by a keyword title index for quick and easy referencing No other single resource provides historical and current information on U.S. government publications in one place

Be Trained Oregon. Occupational Safety and Health Division, 1999

Occupational Health and Safety Technical Assistance Manual, 1993

**Occupational Safety and Health**

United States. Department of Labor. Library, Elizabeth K. Van Staaveren, 1978 3884 entries to English language books pamphlets and journal articles Books were published from 1965 date and articles 1970 date Not intended for specialists but for others concerned with occupational health and safety Emphasis on standards advocated by professional and technical societies Classified arrangement Also includes bibliographies abstracting sources organizations publishers and regional field offices Name and title indexes

**Tool and Manufacturing Engineers Handbook: Manufacturing Management**

Raymond F. Veilleux, 1988-12-12 Engineers corporate managers project managers and production managers will use Manufacturing Management to answer important planning questions manage new systems and technologies and to integrate design engineering and manufacturing to bring products to market faster at the most competitive cost Volume 5 also helps you focus on management's role in quality programs such as setting objectives monitoring outcomes and how to make continuous quality improvements while reducing quality costs

Health and Safety Guidelines for the Laboratory Lynn

Montgomery, 1995

**Hazardous Substances Resource Guide**

Richard P. Pohanish, Stanley A. Greene, 1993

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web synopsis shun hashimoto is an openly gay aspiring novelist living in okinawa who was abandoned by his parents after coming out to them mio chibana is a reserved orphaned high school student often found spending his time by the sea one day the two meet on the beach and shun is instantly captivated by mio

*andy williams stranger on the shore lyrics azlyrics com* - Jan 28 2022

web stranger on the shore here i stand watching the tide go out so all alone and blue just dreaming dreams of you i watched your ship as it sailed out to sea taking all my dreams and taking all of me the sighing of the waves the wailing of the wind the tears in my eyes burn pleading my love return

**stranger on the shore wikipedia** - Aug 15 2023

web stranger on the shore is a piece for clarinet written by acker bilk for his young daughter and originally named jenny after her 2 the tune was written on a single scrap of paper by bilk and handed over to leon young 1916 1991 who crafted the string arrangement including the characteristic harmonic shifts at the very end 3

the stranger by the shore anime planet - Dec 07 2022

web screenshots on an island off the coast of okinawa two young men meet on a beach shun hashimoto is gay and aspires to be a novelist he is interested in mio chibana a somber high school student and starts to flirt with him day by day the two of them grow closer but then suddenly mio decides to leave the island

*andy williams stranger on the shore lyrics genius lyrics* - Jul 02 2022

web stranger on the shore lyrics here i stand watching the tide go out so all alone and blue just dreaming dreams of you i watched your ship as it sailed out to sea taking all my dreams and

**umibe no etranger türkçe altyazılı Одноклассники** - Jun 01 2022

web mar 1 2021 Üç yıl önce yapım aşamasında olan eşcinsel bir romancı olan hashimoto shun okinawa da çok sessiz bir lise öğrencisi olan chibana mio ile tanıştı mio her iki ebeveynini de kaybetmişti ve çok geç saatlere kadar bir bankta oturmuş shun un evinin yakınında denizi seyrederken görülmüyordu yavaş yavaş birbirlerine yaklaştılar ama mio

*watch the stranger by the shore crunchyroll* - Apr 11 2023

web aug 12 2022 stream and watch the anime the stranger by the shore on crunchyroll after coming out shun hashimoto has no one to turn to until the day he meets mio chibana the two instantly click just

**stranger on the shore acker bilk hd youtube** - Feb 09 2023

web jun 29 2011 share 427k views 12 years ago the music world mourns as it has lost yet another legend clarinettist acker bilk made his transition into the light on november 2 2014 at the age of 85 after

stranger on the shore acker bilk youtube - Mar 10 2023

web feb 8 2008 relax with the sound of alka bilk playing the clarinet while looking at beach photos

*stranger on the shore tv series 1961 imdb* - Nov 06 2022

web stranger on the shore with richard vernon beatrix mackey amanda grinling denis gilmore

**stranger on the shore chords ultimate guitar** - Dec 27 2021

web feb 13 2014 stranger on the shore andy williams 30 in uk and 38 in usa in 1962 intro e f m7 b7 e b7 e7 a am 1 e f m7 b7 e b7 e7 a am here i stand watching the tide go out e c m7 f 7 so all al

stranger on the shore andy williams hd with lyrics - Jul 14 2023

web aug 17 2013 1 4k 228k views 10 years ago the tune of this song was originally composed as a clarinet piece by acker bilk for his daughter jenny subsequently it became the theme tune for a bbc tv drama series

*stranger on the shore youtube* - Mar 30 2022

web jun 18 2018 provided to youtube by the orchard enterprises stranger on the shore acker bilk some of the best 1996 legacy international a division of 43 north broadway llc warning all rights

**stranger on the shore tv serial wikipedia** - Aug 03 2022

web stranger on the shore is a british television drama serial first broadcast by the bbc in 1961 it was written by sheila hodgson and produced and directed by kevin sheldon the show is described by some as a children s serial being shown on sunday afternoons 1