



## SAFE WORK PRACTICE

<b>TITLE</b>	Manual Lifting And Carrying
<b>GENERAL</b>	Protecting workers from injuries associated with material lifting and carrying.
<b>APPLICATION</b>	Most lifting accidents are due to improper lifting methods. All manual lifting should be planned and safe lifting procedures followed.
<b>PROTECTIVE MECHANISMS</b>	Permit system Safe work procedure Safe lifting procedures PPE ERP (Emergency Response Plan)
<b>SELECTION AND USE</b>	As per safe work procedure Safe lifting procedure
<b>SUPERVISOR RESPONSIBILITY</b>	Supervisors are responsible to facilitate and/or provide proper instruction to their workers on protection requirements and training Selection of lifting equipment
<b>WORKER RESPONSIBILITY</b>	<ol style="list-style-type: none"><li>1. Ensure that you know your physical limitations and the approximate weight of materials.</li><li>2. The use of power equipment or mechanical lifting devices should be considered and employed where practical.</li><li>3. Obtain assistance in lifting heavy objects.</li><li>4. Ensure a good grip before lifting and employ proper lifting technique.</li><li>5. Avoid reaching out.</li><li>6. Pipes, conduit, reinforcing rods and other conductive materials should not be carried on the shoulder near exposed live electrical equipment or conductors.</li><li>7. Be aware of hazardous and unsafe conditions.</li></ol>

\* The information presented in this publication is intended for general use and may not apply to every circumstance. It is not a definitive guide to government regulations and does not relieve persons using this publication from their responsibilities under applicable legislation. The Alberta Construction Safety Association does not guarantee the accuracy of, nor assume liability for, the information presented here. Individual counselling and advice are available from the Association.