

MONTHLY SAFETY NEWSLETTER

NIPISSING UNIVERSITY



LIFTING SAFETY

SAVE YOURSELF THE BACKACHE WITH THIS SAFE LIFTING PLAN

Before spending the holiday season lying in discomfort on the couch, please review the safe lifting plan below (using a box as an example):

- Test the weight
 - You may not know what is inside the box; try pushing it forward on the floor to see how heavy it might be.
 - Is it too heavy to push? It may be too heavy to lift.
 - Do not lift more than you can comfortably handle!
- Plan
 - Will you be walking anywhere while holding the box? If so, ensure that your walking path is unobstructed; you do not want to trip over anything else!
 - Will the box obstruct your vision while walking? If so, it may be best not to walk with it at all!
- Take your stance
 - Stand behind the box with your feet at shoulder width.
 - Slightly turn out your feet with one foot slightly further than the other, like a karate master waiting to strike!
- Squat down
 - Bend at the knees to slowly bring yourself to where your hands meet the bottom edges of the box.
 - If required, bring one knee down to the floor with the other in front of you, like you are waiting to be knighted by the King!
- Liftoff!
 - Look straight ahead while keeping your back straight, chest out, and shoulders back.
 - Slowly lift using your hips and knees, without moving your back.
 - Never lift the box above your shoulders.
 - Do not twist and lift; you may inadvertently twist and shout!
- The long walk
 - While walking with the box, hold it as close to your body as possible.
 - The box should be lined up with your belly button at its center.
 - Take small steps, lead with your hips, and keep your back straight.
- Touchdown!
 - Slowly squat down with your hips and knees, while keeping your back straight.

WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.

