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Grocery Risk Management Bulletin

✓ *Helping Grocers reduce their cost of insurance by preventing accidents and claims*

LIFTING AND CARRYING HEAVY OBJECTS

Lifting is an everyday activity for most and can cause serious, long-term injury

When your work involves a substantial amount of carrying and transporting heavy objects, nothing is more important than a safe lifting technique. It only takes one mistake to cause a serious injury. Follow these tips to ensure your health and safety on the job:

- Check for tags on an item indicating that it is especially heavy.
- Consider whether you will need a second person or a machine to help you with the load.
- Always plan your route in advance—determine if you will have to turn or change direction while carrying the load.
- Clear the route you plan to take of obstructions and slip, trip or fall hazards before lifting the object(s).

Ground-level Lifting

- Get as close as possible to the load, keeping it against your body and lifting with your legs.
- Bend from the knees, not the back.
- Get a good grip on the object—grasping with the palm is more effective and stable than holding on with the fingers.

Overhead Lifting

- Stand on a stable surface.
- Take the object off the shelf or support carefully, maintaining your balance.

- Bring the load down to waist level while maintaining control.
- Avoid reaching and lifting at the same time.

Carrying

- Look ahead instead of down to make sure your path is clear.
- Always walk forward instead of backward.
- Have someone else open doors, gates or other closed entries for you.
- Change direction by moving your feet, not your hips.
- Keep shoulders, hips and feet aligned—do not twist at the waist.
- Set the load down if it becomes too heavy or unstable.

Lift Smart

- Plan your workflow carefully to eliminate unnecessary lifting.
- If eliminating a lift is impossible, minimize the travel distance.
- When placing materials on shelves, the lightest items should go close to the floor and overhead while the heavier items should be placed in the center.
- Alternate heavy lifting with less demanding tasks, and give yourself plenty of time to rest and recover after a strenuous task.

Courtesy of **RISKPOINT INSURANCE ADVISORS | Joe Scarpello – Grocery Division Director**

OREGON OFFICE: 5285 Meadows Rd | Suite 242 | Lake Oswego, OR. 97035

WASHINGTON OFFICE: 33530 1st Way S | Suite 102 | Federal Way, WA 98003

P: (253)444-5584 | jscarpello@riskpointins.com | mjohnson@riskpointins.com | www.riskpointins.com