Toolbox KITS

SAFE LIFTING AND MANUAL HANDLING TRAINING

Safe lifting and manual handling training

Plan the move, get help, lift right and stack it safely

About 45 minutes, with a 10-question quiz

38 slides | About 45 minutes | 10-question quiz | English + Spanish

SAMPLE



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MODULE 1

How manual handling hurts people

- [ ] Strained backs, shoulders and knees from lifting, pushing and pulling
- [ ] Crushed fingers and toes from dropped loads and pinch points
- [ ] Cuts and punctures from sharp edges, splinters, nails and banding
- [ ] Trips and falls while carrying a load you cannot see over
- [ ] Workers hit when a stack slides or collapses
- [ ] Even light loads add up when you move them all shift with poor technique

SAMPLE

Toolbox KITS

Crew handout

Safe lifting and manual handling

29 CFR 1926.21, 1926.250, 1910.138, 1910.178, 1904.35, 1926.1053

Do

- Plan every move: check the load, the path and where it is going
- Use carts, dollies, hand trucks or hoists whenever you can
- Get a partner for heavy or awkward loads, with one person calling the lift
- Bend your hips and knees, keep your back straight and hold the load close
- Turn with your feet, and set the load down the way you picked it up
- Wear gloves that suit the load, and safety-toe boots where loads can drop or roll
- Keep aisles clear, and stack material so it cannot slide or collapse
- Report a pull, a twinge or pain right away

Don't

- Don't bend at the waist with straight legs or jerk the load
- Don't twist while you carry or toss loads onto a pile
- Don't carry a load you cannot see over
- Don't carry a load up a ladder if it could make you lose balance
- Don't run a forklift or powered pallet jack unless you are trained and authorized
- Don't pull from a leaning or overloaded stack

SAMPLE

Remember **Plan the move, let equipment or a partner take the heavy loads, and keep it close without twisting.**

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