

# Lifting Procedure

## Summary

Plant Operations formalizes guidelines to prevent injury to Plant Operations personnel through proper lifting techniques.

## Purpose

The purpose of this document is to describe proper lifting techniques to prevent injury to Plant Operations personnel.

## Procedure

Plant Operations personnel shall use the techniques (Workforce Safety) listed below to avoid injury.

Using these lifting techniques will help employees reduce the risks of back injury.

1. Always check the weight of the load before lifting.
2. If the load seems too heavy, get help. Do not lift anything that is too heavy!
3. Position yourself as close to the load as possible. The further the load from the body, the heavier it will be on the spine.
4. Assume a wide base of support, with legs shoulder width apart and one foot slightly ahead of the other. A wide base of support will ensure a better balance and keep your knees from getting in the way.
5. Keep the normal curve in your spines. Keep your head up!
6. Keep stomach muscles firm. This will prevent you from overarching your back while lifting.
7. Use stomach controlled movements; do not twist, move feet first. Rapid or jerking motions can place increase demand on the back.

## Related USG Policy

N/A

## Last Update

N/A

## **Responsible Authority**

Plant Operations