



# Safety SOP

## Ergonomics & Body Positioning

### Material Handling

- ❖ Overexertion and improper lifting techniques are the leading causes of injuries relating to poor ergonomics.
- ❖ Bending, followed by twisting and turning, are the more commonly cited movements that causes back injuries.
- ❖ Strains and sprains from lifting loads improperly or from carrying loads that are either too large or too heavy are common hazards associated with manually moving materials.
- ❖ Utilize tool carts or other devices to assist with transporting tools and materials to limit manual handling –
  - Do not overload
  - Utilize for intended purpose
  - Utilize push/pull handle system

### Important Tips To Remember

- ✓ Do not lift loads above 50lbs and avoid carrying objects more than 100ft
- ✓ Utilize mechanical means (e.g., trucks, pushcarts, forklifts, etc.) when appropriate
- ✓ It is easier and safer to push than to pull
- ✓ Keep loads as close to the body as possible and do not twist while carrying
- ✓ Minimize reaching
- ✓ Lift with your legs and keep your back straight – bend at the knees, not the hips
- ✓ Get help from a co-worker when needed – weight exceeds 50lbs or awkward shape
- ✓ Plan ahead for all parts of the lift: lifting, carrying, and setting down
- ✓ Utilize proper hand positions while lifting and utilize secondary carrying devices/containers with proper handholds if necessary
- ✓ Take breaks and stretch frequently – stay limber and alert

