

BREWHOUSE BULLETIN

MATERIAL HANDLING SAFETY - SAFE LIFTING TECHNIQUES

Before lifting:

- Examine the object for sharp corners, slippery spots, or other potential hazards.
- Know your limit and don't try to overdo it, ask for help or divide the load to make it lighter
- Know where you're going to set the item down and make sure your path of travel is free of hazards.

When Your Ready to Lift:

- Stand close to the load with your feet shoulder width apart
- Squat down, bending at the knees
- Get a firm grasp of the object, before beginning to lift
- Slowly lift with your LEGS by straightening them
- Once the object is up, keep it close to your body



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Potential Hazards to Workers:

- Falling objects, improperly stacked materials
- Strains and sprains from lifting loads improperly or from carrying loads that are either too large or too heavy
- Fractures and bruises
- Being caught in pinch points
- Cuts and bruises caused by falling materials or incorrectly cutting

Precautions Workers Should Take To Prevent Injury:

- Wear the appropriate personal protection equipment (PPE)
- Use proper lifting techniques
- Get assistance when the load is too bulky, you cannot see around or over the load
- Use mechanical equipment

Send questions to the OCBA Safety Committee at: ohiocraftbeer.org/safetyquestions/