Manual Handling

March 11, 2019

Quick N Quality Projects LTD
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Manual Handling

MANUAL LIFTING AND CARRYING

GENERAL

Protecting workers from injuries associated with material lifting and carrying.

APPLICATION

Most lifting accidents are due to improper lifting methods. All manual lifting should be planned and safe lifting procedures followed.

PROTECTIVE MECHANISMS

- Permit system
- Safe work procedure
- Safe lifting procedures
- PPE
- ERP (Emergency Response Plan)

SELECTION AND USE

As per safe work procedure

Safe lifting procedure

SUPERVISOR RESPONSIBILITY

Supervisors are responsible to facilitate and/or provide proper instructions to their workers on protection requirements and training.

Selection of lifting equipment.

WORKER RESPONSIBILITY

1. Ensure that you know your physical limitations and the approximate weight of materials.

2. The use of power equipment or mechanical lifting devices should be considered and employed where practical.

3. Obtain assistance in lifting heavy objects.

4. Ensure a good grip before lifting and employ proper lifting technique.

5. Avoid reaching out.

6. Pipes, conduit, reinforcing rods and other conductive materials should not be carried on the shoulder near exposed live electrical equipment or conductors.

7. Be aware of hazardous and unsafe conditions.

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🔒 Unique Document ID: AD9F8FCC32E7CC2DB887FB7D482163C16EEF3036

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