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SAFE OPERATING PROCEDURES

Lifting

SOP 10-13

1. Before making a lift, think out the move from the beginning to end and visualize your steps to where the load will be placed.
2. Think of alternate means of moving it (push, pull, roll, pour or pump). If you can't slide it with one foot you probably need help moving it.
3. Always use mechanical aids if available for moving heavy loads or get assistance.
4. Determine the best way to hold the load using any handles, gripping corners other areas.
5. Get a firm grip on the load.
6. Have firm footing and make sure the standing surface is not slippery.
7. Keep your back straight by tucking your chin in.
8. Tighten your stomach muscles and lift with your legs.
9. Lift the load slowly. **DO NOT JERK!**
10. Hold the load as close to the body as possible. Be sure you position the load close to the body before lifting.
11. Do not twist during your lift or when moving the load. Turn with your feet, not with your back.
12. Set the load down gently. Use your legs and keep your back as straight as possible.
13. Be sure your fingers are out of the way when putting the load down and when moving the load through tight spaces.

Related SOP's

General SOP's.....Chapter 10