



INTRODUCTION

Team lifting is a technique that must be used whenever handling or transferring anything that is too large for one person. Team lifting is required with large objects because working together will make the job easier, faster, and less dangerous.

RISKS

While it may seem easier at first to try to lift something by yourself, the risk of injury is too great, and in the long run you may not be able to lift at all! The majority of work-related lifting injuries are:

- Hand or wrist injuries;
- Elbow injuries;
- Shoulder injuries;
- And nearly 50% of work-related lifting injuries are back or spine related!



PERSONAL PROTECTIVE EQUIPMENT

When working in a construction area, employees are required to wear a hard hat and steel toe boots at all times. Other personal protective equipment when lifting can be:

- Gloves – These must fit well and have good grip.
- A back brace – These must be worn where provided and required by your employer's safety policy.



SAFE WORK PRACTICES

As you can see, it is not worth it to risk damaging your hand, wrist, elbow, shoulder, or back – because these functions are all necessary not only for work but the activities of daily life. Protect yourself by observing the following safe work practices:

- Before lifting you should take certain precautions and plan the lift.
 - *Note the size of the stove, refrigerator, or other object's size and possible weight.*
 - *Take note of the intended path and make sure it is clear from obstructions.*
 - *Designate one person of the lift team to instruct exactly when to lift and turn.*
- There should be one employee to help lift for every 50 pounds of weight being lifted. Moving a 150 pound aluminum pipe, for example, would require three employees.
- If there are handholds, handles, or other gaps, these areas should be utilized for gripping.
- All workers of the lift team should communicate anticipated actions.



LIFTING IN A TEAM

- Stand at the point you will be lifting with your feet about shoulder-width apart.
- Communicate that you are ready for the lift.
- Squat down with your knees and grip the object with your palms at a proper lifting point.
- Slowly extend your legs and tighten your abdominal muscles to lift.
- Once lifting, never twist or bend to change directions.
- Continue to communicate throughout the lift and before lowering the load. Lower the load by using your abdominal and leg muscles to slowly squat down and lower the object.

CONCLUSION

Lifting very heavy objects without mechanical assistance such as a crane can be daunting, but it can be done safely when the above guidelines are followed. The most important safety step is to make sure there are enough employees in the lift team to lift without excessive strain, or about one person per 50 pounds.



Builders' Exchange
OF SANTA CLARA COUNTY

Safety Meeting Report

Employer _____

Date _____

Location _____

Meeting Supervisor _____

Safety Meeting Subject: _____

Accidents Reviewed: _____

Suggestions: _____

Employee's Attending

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

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9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____