



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER



LIFTING AWKWARD LOADS

When the standard safe lift—bending your knees, hugging the load, letting the legs do the work—can't be used, follow these guidelines.

OVERHEAD LOADS

- Use a stool or ladder to avoid overreaching.
- Test the weight, then slide the object toward you and hug it close as you descend.
- Use leveraging as much as possible.
- If possible, hand it to a co-worker before descending the ladder or stool.

ODD-SIZED LOADS

- Odd-Sized Loads...
- Carry long, light objects such as pipes or lumber on your shoulder, with the front end higher than the rear.
- Get a helper for long, heavy loads. Each of you should shoulder it on the same side and walk in step.
- For large loads that block your vision, get mechanical help or ask a coworker for help, even if the load is light

REACHING INTO A BIN (or other storage area)...

- Stand with feet at shoulder distance apart.
- Slightly bend your knees.
- Start to squat, bending your hips and knees, not your waist.
- Slide the load as close to your body as you can.
- Tighten your abdominal muscles.
- Raise yourself using your leg and hip muscles.
- If possible, brace your knees against the side of the container for additional support.
- Get help if the load is more than moderately heavy.

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7