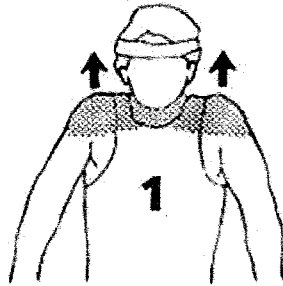


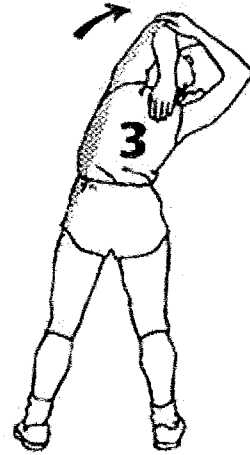
Full Circle Health and Safety
Annie Malone
206.914.6929



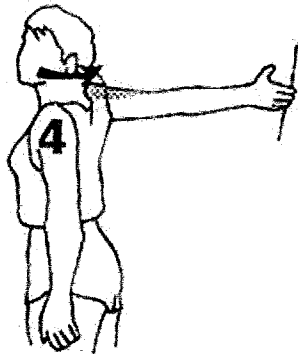
5 seconds
2 times



10 seconds
each arm



8-10 seconds
each side



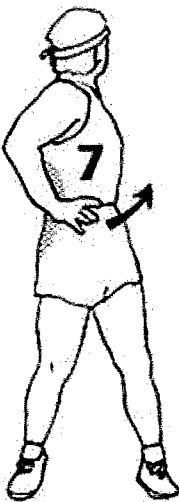
10 seconds
each arm



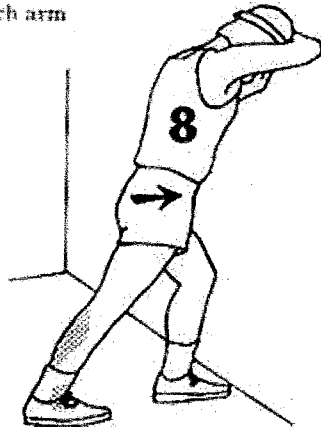
15 seconds



10 seconds



10 seconds
each side



15 seconds
each leg



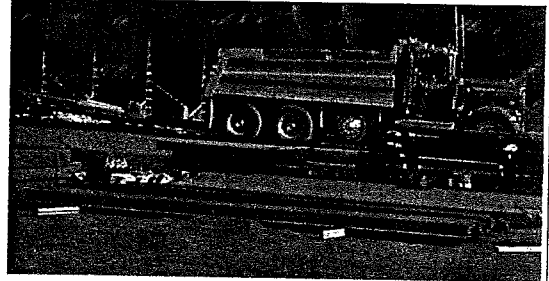
10-15 seconds
each leg

Do you have to move that, again?

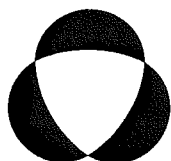
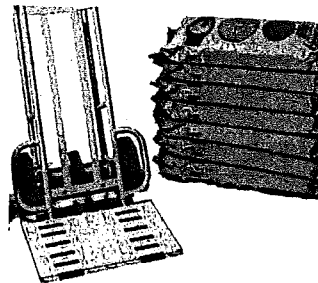
Tips to Reduce Lifting and Carrying

PLAN AHEAD:

- Organize deliveries and work areas to reduce carry distances and number of times 1 item is lifted.
- Get suppliers to deliver materials close to the point of use.
- Plan for and use mechanical equipment to move heavy or awkward materials.
- Avoid unnecessary lifting; make it a goal to lift each item 1 time, or not at all.
- When possible--use wheels to avoid carrying.
- Think about how you will place materials:
 - ◊ Will raising them on racks or sawhorses help?
 - ◊ Before placing on the ground, put spacer boards underneath to leave room for rigging straps or lifting equipment.
 - ◊ Use pallets or mini pallets with a forklift or hand truck to move stacks of items.



If you have to move a stack of items from one place to another, by hand, there is probably a better way.



Washington State Department of
Labor & Industries

For questions or ergonomics help:

Call: 360-902-5450

Or

Email: Ergonomics@Lni.wa.gov