

Tools for Life – Weekly Health & Safety Meeting

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: July 2023

Material Handling

In 2021, sprains and strains have been the leading type of injuries for Apollo and can be one of the costliest types of injury. In the last 3 years, the hand, back and leg accounted for the most severe injuries suffered by Apollo workers to date. According to the U.S. Bureau of Labor Statistics there was 266,530 cases involving sprains, strains, and tears and 128,220 cases involving injuries to the back worldwide.

Heavy loads place great stress on the muscles, discs, and vertebrae, so it's important that employees use smart lifting practices. As shown in the illustration to the right a 50 lb. object stress can increase by 35 lbs. once it moves 15" away from your core. That means a 50 lb. object begins to feel like 85 lbs. as you reach out.

PLAN AHEAD

- Know what you are lifting and how you will lift it
- Be aware of the weight
- Determine whether it's safe to lift on your own
- Keep work area flat, dry, and clear of debris
- Avoid storing anything above your shoulder

CHECK YOUR PATHWAY

- Keep the lift pathway clear
- Remove tripping hazards or debris
- Check for wet or slick surfaces

USE ERGONOMIC EQUIPMENT

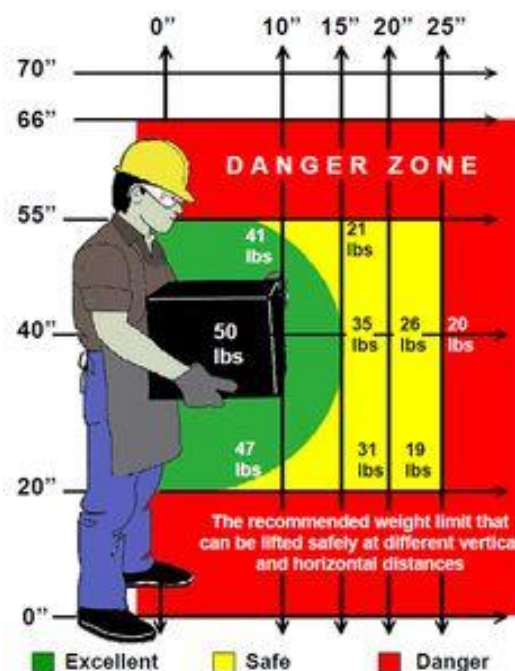
- Use lift assists, forklift, dolly, cart, hand truck or hoist
- Receive proper training before using the equipment

GET HELP WHEN NEEDED

- When lifting awkward or heavy loads, utilize a two-person lift
- Lift at the same time and keep the load level

Tips for staying safe while lifting:

- Keep your elbows close to your body and keep the load as close to your body as possible.
- Materials that must be manually lifted should be placed at the "power zone" height, which is about mid-thigh to mid-chest, while maintaining a straight spine alignment whenever possible.
- Avoid twisting, especially when bending forward while lifting. Turn by moving the feet rather than twisting the torso.
- Limit the weight you lift to no more than 50 pounds. When lifting loads heavier than 50 pounds you must use 2 or more people or use mechanical lifting devices.
- If possible, place items on shelves to minimize repetitive tasks like bending over while picking up packages.



SAFETY REMINDER: Teamwork makes the dreamwork. Don't be the tough person lifting heavy items alone.
Ask for help!