

Lifting and Carrying Materials

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Material moves indoors for the winter fit-out, which means more manual handling in tighter spaces. Back injuries build over months and then arrive on an ordinary lift that felt like all the others.

WHAT GOES WRONG

- Lifting without checking the weight or where the load's weight actually sits.
- Twisting while carrying, especially through a doorway or around scaffold.
- Carrying a load that blocks your view of the floor you are walking on.
- One person taking a two-person lift because the second person was busy.

CONTROLS: BEFORE YOU START

- Size up the load and the route before you pick anything up, including where you will set it down.
- Get close, bend the knees, keep the load near your body and lift with your legs.
- Turn with your feet, not your spine. Never twist under load.
- Use a team lift, a cart, a dolly or a hoist whenever the load or the route justifies it.
- Set down as carefully as you picked up. A lot of injuries happen at the end of the lift.

ASK THE CREW

1. What is the heaviest thing being carried by hand on this job today?
2. Does it need to be carried by hand at all?
3. Where on this route would someone have to twist to get through?
4. Who is doing a two-person lift on their own this week?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE