

SAFE LIFTING PROCEDURES

1 SIZE UP THE LOAD

Size up the load. Never attempt to lift a load that is heavier than your comfort level. Do not lift alone if you estimate that the load is too heavy, awkward, bulky or will obscure your vision. Use proper personal protection equipment.



2 SECURE YOUR FOOTING

Make sure you are wearing appropriate rubber soled footwear. Align your body with the load. Face the load straight on. Assure your footing and balance by placing one foot forward of the other.



3 BEND YOUR KNEES

Bend your knees and squat. Keep your head up and back straight. Spread your knees or lower one knee to get closer to the object.



4 LIFT THE LOAD

Push up with your legs to utilize your strongest set of muscles. Tighten your abdominal muscles as you rise. Remember to breathe steadily when lifting. Keep the load close to your body as you come up.



5 CARRY THE LOAD

Lift the object to the carrying position. If it is necessary to change your direction when in the upright position be careful not to twist the body. Turn your body by changing the position of your feet. Always maintain steady breathing while handling the load.



6 LOWER THE LOAD

Bend your knees while lowering the load to the floor from a waist-high carrying position. Keep your back natural with the load close to the body, lowering the load with the arm and leg muscles.



SPECIAL SAFETY TIPS

MECHANICAL ASSISTED LIFTING

If the load is too heavy or awkward to lift alone, and no one is available to assist you, use a mechanical device such as a hand truck, manual lift truck or pallet to lift the load.



PUSH DON'T PULL

You can move twice as much when you PUSH. So remember, when you are moving a load on a cart or hand truck, PUSH DON'T PULL!



BUDDY LIFTING SAVES BACKS

Impatience will injure you. Get help with awkward or bulky items. Lifting together is easier and safer than lifting alone.



AVOID UNSTABLE LOADS

Unstable loads will injure your back and damage the load. Only carry as much as you can handle. Make sure you can see the ground in front of you when carrying a load.



STACK YOUR LOAD CAREFULLY
Stack heavy or large boxes on the bottom of the load to avoid tipping during transport.



STANDING ON STABLE SURFACES
Don't stand on unstable chairs, stools or ladders when lifting or moving objects.



LIFTING ABOVE YOUR HEAD
Never lift an object past shoulder height. Use a sturdy stool, ladder, or seek mechanical assistance.



SELECTING HEAVY CARRYING POTS

- ☐ BACK PAIN
- ☐ STOMACH
- ☐ HEADACHE
- ☐ BREAST PAIN
- ☐ KNEE PAIN
- ☐ ANKLE PAIN
- ☐ OTHER

IF YOU EXPERIENCE ANY OF THE ABOVE SYMPTOMS, STOP LIFTING IMMEDIATELY AND SEEK MEDICAL ATTENTION.

ACCIDENT REPORT

If you have had an accident on the job, report it immediately to your supervisor.

Osha Safety Guide

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A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the Bendix Corporation text.

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Construction Safety Handbook Mark McGuire Moran, 2003-07 This much anticipated new edition provides employers and employees with a day to day guide to reducing accidents and injuries ensuring compliance avoiding fines and penalties and controlling workers compensation costs You ll not only find comprehensive discussions on all of the construction safety regulations found in the Code of Federal Regulations CFR Title 29 Part 1926 but you ll also find the actual legal text of the regulations and overviews for each subpart for easier reference This Construction Safety Handbook covers both the obvious and the hidden dangers of construction and addresses the latest changes in OSHA standards including new recordkeeping requirements new ergonomic guidelines new requirements in the Steel Erection standard and new additions to signs signals and barricades requirements Written in plain English this comprehensive handbook provides you with the legal background practical advice and ready to use written compliance programs you need to ensure your sites meet workplace safety requirements protect workers and comply with the standards Each chapter provides a description of the requirements of the standard and a sample written compliance program checklists and the appropriate citations from the 29 CFRs The latest changes in enforcement and inspection policy are also detailed and a list of OSHA s most frequently cited construction standards is given

OSHA Safety Regulation United States. Osha Task Force, 1977 **Pandemic Influenza Preparedness and Response Guidance for Healthcare Workers and Healthcare Employers** , 2007

Compliance Guide for OSHA's Laboratory Standard , 1991 Designed to provide guidance to laboratories who must comply with 29 CFR 1910.1450 Occupational exposures to hazardous chemicals in laboratories

Monthly Catalog of United States Government Publications , 1976 *Practical Guide to Occupational Health and Safety* Paul A.

Erickson, 1996-07-27 Written with corporate regulatory compliance officers health and safety managers loss control managers and human resource specialists in mind this book offers workplace tested strategies for meeting the health and safety needs of a modern corporation Emphasizing the practical means of achieving compliance with OSHA regulations this book also provides a unique assessment of the more extensive factors that influence the management of workplace health and safety The integration of practical regulation strategies with corporate objectives is particularly relevant to graduate curricula in business management public policy and occupational medicine Provides practical guidelines for industrial

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Employment Safety and Health Guide, 2004 Includes original text of the Occupational safety and health act of 1970

The Complete Guide to OSHA Compliance Joel M. Cohen, Robert D. Peterson, 2020-11-25 The Complete Guide to OSHA Compliance is an easy to understand one stop resource designed to help safety professionals industrial hygienists and human resources personnel ensure compliance with existing and upcoming OSHA regulations This essential book explains employer and employee rights and responsibilities and it provides everything you need to know about employer standards and standards for specific operations The Complete Guide to OSHA Compliance describes the process of injury illness recordkeeping and the reporting system required by OSHA It also explains how to conduct a self audit to determine whether a company is in full compliance Furthermore it informs companies of their rights in an inspection and explains how to handle citations and appeals should they arise

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Be Trained Oregon. Occupational Safety and Health Division, 1999

OSHA Safety and Health Guidelines for General Industry Bendix Corporation, 1975

Occupational Health and Safety Technical Assistance Manual, 1993

Occupational Safety and Health United States. Department of Labor. Library, Elizabeth K. Van Staaveren, 1978 3884 entries to English language books pamphlets and journal articles Books were published from 1965 date and articles 1970 date Not intended for specialists but for others concerned with occupational health and safety Emphasis on standards advocated by professional and technical societies Classified arrangement Also includes bibliographies abstracting sources organizations publishers and regional field offices Name and title indexes

Tool and Manufacturing Engineers Handbook: Manufacturing Management Raymond F. Veilleux, 1988-12-12 Engineers corporate managers project managers and production managers will use Manufacturing Management to answer important planning questions manage new systems and technologies and to integrate design engineering and manufacturing to bring products to market faster at the most competitive cost Volume 5 also helps you focus on management's role in quality programs such as setting objectives monitoring outcomes and how to make continuous quality improvements while reducing quality costs

Health and Safety Guidelines for the Laboratory Lynn Montgomery, 1995

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web grand vitara jb jt ii 3 door navigator 2014 2023 excellent visibility good size inside big outside smallish and constant four wheel drive give great on and off road safety i purchased a demo version which soon had a minor vibration in drive train and dealer fixed immediately at 15 000k service

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web feb 25 2015 the grand vitara 3 door dimensions is 4060 mm l x 1810 mm w x 1695 mm h over 2 users have reviewed grand vitara 3 door on basis of features mileage seating comfort and engine performance read more grand vitara 3 door specs suzuki grand vitara 3 door key highlights checkout suzuki grand vitara 3 door price in
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web feb 20 2023 perhaps the biggest story in this launch is the fact that suzuki is really doubling down on its mild hybrid powertrains the grand vitara will come with a 1 5 liter k15c four cylinder engine that is paired with suzuki s integrated starter generator isg and a battery suzuki lovingly calls it the smart hybrid vehicle by suzuki svhs which

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web suzuki vitara 2022 is a 5 seater crossover available at a price of 155 900 in the singapore it is available in 9 colors 1 variants 1 engine and 1 transmissions option automatic in the singapore it has a ground clearance of 185 mm and dimensions is 4175 mm l x 1775 mm w x 1610 mm h over 12 users have reviewed vitara on basis of
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web oct 31 2016 to my understanding the major difference between the two is that the 5 door has a dual range transmission system whereas the 3 door is just a constant 4x4 will that make much of a difference other than that they both have the same engine although the 3 door is 230kg lighter the tyres are bigger on the 5 door 17s in comparison to 16s

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web a diesel option arrived in europe in early 1996 in 1996 the vitara received a facelift which meant that the v6 was upsized

to 2 5 litre while a 2 0 litre four cylinder was slotted into the range in japan the nomade tag was dropped from the
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web suzuki s done its best to make the latest grand vitara three door welcome introducing it at 23 990 400 below the old car that price includes some important safety aids such as dual airbags abs with ebd and bas and the basic power functions climate control rather than just basic air conditioning is an unexpected addition

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web the five door version is arguably more attractive with an extended roofline and a more upright rear a key difference with this grand vitara is the adoption of a monocoque chassis design whereas the previous version and several

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web may 5 2012 the suzuki grand vitara comes as a three or five door and is an attractive alternative to the toyota rav4 hyundai ix35 and kia sportage it s offered with a choice of 1 6 and 2 4 litre

2009 suzuki grand vitara gv3 three door review drive - Sep 14 2023

web mike stevens 01 10 08 march 2009 0 comments the vitara name first appeared back in 1989 and with the simple approach of leaving a pair of doors on the factory floor suzuki added light and affordable to the compact 4x4 segment it was available as either a convertible or a hard top

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web may 2 2009 in terms of raw dimensions the five door grand vitara is 4500mm long 1810mm wide and 1695mm high off roaders will note the approach angle is 29 degrees the departure an unremarkable 27 with a ramp over of 19 degrees the fuel tank holds a useful 66 litres and the vehicle can tote 1386 litres of luggage with the back seats folded flat