







Pre-Task	<ul style="list-style-type: none"> <li>• Train workers to follow Safe Job Procedures for manual lifting and carrying materials.</li> <li>• Preplan task and consider how to safely complete it.</li> <li>• Be aware of your physical limitations and do not exceed them.</li> <li>• Conduct a hazard assessment and follow the required controls.</li> <li>• Warm up by stretching.</li> </ul>
During	<ul style="list-style-type: none"> <li>• Use powered devices such as jacks, hoists, dollies, and carts whenever possible.</li> <li>• Stretch muscles before performing a manual lift.</li> <li>• Obtain assistance from a co-worker (tandem lift) when lifting a heavy or awkward load.</li> <li>• Confirm a firm grip before lifting. Use two hands for lifts and keep at waist height.</li> <li>• Never reach out or use your back to lift. Always get in tight and lift with your legs.</li> <li>• Never carry conductive objects around exposed electrical equipment.</li> <li>• Avoid twisting or leaning sideways, especially while back is bent.</li> </ul>
Post-task	<ul style="list-style-type: none"> <li>• Secure the lift in a safe location.</li> <li>• Cool down by stretching out muscles.</li> <li>• If continued lifting and carrying is required, take microbreaks and stay well hydrated.</li> </ul>

Task/Environment/Equipment	
<b>Manual Lifting and Carrying</b>	
Protective Measures	
SSHA	
Engineering	
Training	
SJP	
ERP	
PPE	

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