

BSC Manager Safety Training 101

Lesson 2 – Proper Lifting

Key Takeaways

- 36% of workplace injuries are shoulder and back related. In the janitorial industry, the biggest reason for these types of injuries is lifting accidents.
- Lifting Don'ts
 - Never lift more than you can handle. Emphasize this to your cleaners.
 - Never lift with a rounded back and straight legs.
 - Never lift from an unbalanced position. Don't try to prop something up on your knee then hoist it up.
 - Never carry a load that blocks your view.
- Lifting Dos
 - Size up the load before rushing in and attempting to lift it.
 - Check for sharps. NEVER press your hands down into a bag.
 - Ensure that you have a firm, safe grip on whatever you are about to lift.
 - Lift with your legs! Bend down with your legs and ensure your back stays straight.
- Remember that bags can often get “stuck” in the brute, making it hard to pull them out. When this happens, tie the bags, lay the brute on its side, then slide the bag out.

Application

- Do your best to limit the heavy loads your cleaners will need to carry. For instance, unpack chemical boxes and place the individual containers on the shelves. This will limit workers from needed to lift those heavy boxes.
- Make sure that every team member is instructed on getting full bags out of brute containers.