

SAFE LIFTING

According to the Bureau of Labor Statistics, back injuries account for 25% of Workers' Compensation lost time claims. Improper lifting techniques are the cause of 75% of all workplace back injuries. These injuries require lengthy rehabilitation and recuperation periods resulting in costly claims which increase your MOD factors and premiums. Training your employees in safe lifting techniques can prevent these expensive injuries and increase your dealership profits.

SAFE LIFTING PREPARATION:

1. Inspect the object
 - Determine its weight
 - Identify any slippery surfaces or sharp edges
 - Check for unbalanced or shifting loads
2. For large and/or heavy objects
 - Use lifting equipment such as a fork lift, dolly, pallet jack or hand truck (train workers in their use of equipment)
 - Unpack the container and move in multiple trips
 - Get help from other employees
3. Inspect the route you will take to move the object
 - Watch out for slip, trip and fall hazards
 - Be sure the load can be safely placed at its destination,
(prepare the destination area such as shelf, tables, vehicle etc.)
 - Ensure there will be no personnel or vehicle traffic on your route while moving the object

SAFE LIFTING TECHNIQUES:

1. Stand close to object with feet shoulder width to maintain balance
2. Squat, not bend, at the knees while keeping the back vertical
3. Ensure safe and secure grip on object before lifting
4. Lift by straightening the legs without twisting the body (lift slowly)
5. Keep the object close to your body while lifting and transporting the object

Proper training in lifting techniques and enforcement of their use will have a positive impact on your claims, employee morale and premiums which all result in an improved bottom line for your dealership.