

10.6.22

MAXIMUM LIFTING POLICY

SAVE THE HEAVY LIFTING FOR THE GYM.

Lifting heavy weight increases the potential for an injury to occur. Employee-owners should avoid lifting anything that weighs over 50 lbs. Proper training and lifting mechanics will help ensure that 50 lbs can be lifted without injury, but generally, the 40-50 lbs range should be avoided as much as possible. Material weighing greater than 50 lbs should be moved by carts, dollies, pallet jacks, forklifts, crane/hoists, or with help from another employee-owner.

**NO NEED TO SHOW OFF
AROUND HERE.**

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There may be special circumstances when individuals may have to manually move material weighing over 50 lbs.

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**DISCUSS THE HAZARDS
IN DAILY PRE-TASK PLANNING IF MATERIAL GREATER THAN
50 LBS WILL BE MOVED MANUALLY**
