

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