



CLEVELAND INTEGRITY SERVICES, INC.

Monthly Safety Newsletter

November 2, 2015

Safe Lifting Techniques

Safe lifting techniques can prevent back injuries and can make carrying and moving objects easier. At first you may actually have to think before you lift, but with enough practice, safe lifting becomes a habit.

When preparing to lift an object, size up the load and consider these questions carefully:

- Can you grasp the object safely?
• Is the object too heavy for you to handle?
• Is there a safer way to move the object?
• Should you use a mechanical device?
• Should you ask a co-worker for help?
• Is your path free of objects and materials that could cause you to trip or stumble?
• Are there any sharp objects like nails, brads, splinters, or sharp edges?

If the load seems too heavy, bulky, or awkward, don't attempt to lift the object yourself. Ask for help.

When you're ready to lift, make sure you do it right. Ensure that you have a solid footing. Center your body over your feet. Keep your back straight by tucking in your chin, and bending at the knees. Get a good grip on the object. Keep the object close to your body and hold in your stomach. Again, make sure your back is straight and your chin is tucked in before you begin to lift. Lift smoothly with your legs, not your back.

Remember that your leg muscles are stronger than your back muscles. Keep your arms close to your body. Avoid twisting, bending, or reaching while lifting. If you need to turn, move your feet and turn your whole body instead of twisting. Watch where you are going.

To lower the object: start by getting a solid footing and good balance; keep your chin tucked in and your arms close to your body; now lower the load by bending your knees and keeping your back straight. Over-reaching when carrying a load can cause an unexpected strain or a loss of balance. Use a ladder to reach above shoulder heights. Standing on a step stool or a makeshift step stool could cause you to lose your footing and suffer a fall along with back injury. You can also help prevent back injuries by having strong flexible muscles and joints. Exercise regularly to strengthen your back. Eat a proper diet to maintain a healthy weight.

Remember that a strong, healthy, powerful back is vital to your job. It also helps you enjoy a better life. Make an effort to avoid back injuries and to protect your back. The key is to use your leg muscles to lift instead of using your back. Never bend at the waist to lift items from the floor. Use proper lifting techniques even when lifting light objects.

Questions for Discussion

What are some of the common unsafe lifting techniques that you have seen?

Two horizontal lines for writing.

Please list one or more near misses that has been addressed on your current project. What steps were set in place to prevent the potential near miss or incident from happening again?

Three horizontal lines for writing.

In the past month have you authorized payment to a contractor for work performed? Please give an example.

Two horizontal lines for writing.

In the past month have you rejected any work performed by a contractor based on your judgment of the work quality? Please give an example.

Three horizontal lines for writing.



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Near Misses Reported in October

Vehicle/ Flagger Safety:

Forklift operator left the forks up and a worker walked under forks and hit his head on the forks. Worker was wearing hardhat and not harmed.

Work was stopped and operator was reminded to keep the forks lowered when not in use.

Tractor trailer broke down at the gate while trying to make entry, another tractor trailer tried to exit the same gate without verifying that there was enough room to safely exit the facility. The result was a broken gate and no injured personnel.

A site wide safety shutdown was held, everyone was reminded the importance of communication, spotters, and diligence.

Taglines:

Observed an extremely short tag line held by worker, which was being lifted by an excavator. The pipe started swinging and nearly hit the worker.

Work was stopped and employees were reminded that tag lines should be adequate length to protect workers.

Use of a Spotter:

Vac truck was backing in to close proximity to a small building with spotter remaining on the driver's side and not paying attention to the front of the trucks drivers' side. Driver of the truck was only watching the spotter in rear view mirror and was stopped by someone standing by just short of contacting the building.

Both spotter and driver were reminded to be mindful of all encumbrances around the truck at all times.

Line of fire:

A hand was loading out materials from the work area and walked past working excavator without making eye contact with the operator who was swinging to his blind side.

Work was stopped and all employees were reminded of the proper steps when passing moving equipment.

Safety Alert

A crew member for the drilling contractor, failed to spot dig an area that was clearly marked for water and underground electrical conduits. The crew member did not dig deep enough to physically see these utilities and assumed they were improperly located. This assumption caused a drill to crack a water main causing a small leak next to a 440volt duct bank within inches of the water main. Although the water leak was not a near miss, the water was a signal to all stop, and dig deeper to uncover the potentially lethal situation of drilling into a duct bank, containing high voltage power.

Complacency is a dangerous attitude in our line of work. Take the extra step to insure that what is marked is there. This will help insure your safety and your crew.

You guys be safe and have a blessed day.

Name: _____ Signature: _____

Job Title: _____ Date: _____