



Calhoun Operations

Power Lifting Policy

Effective: September 2, 2015

I. **PURPOSE**

The purpose of this policy is to provide guidance, and prevent injuries, to employees when heavy objects need to be lifted or moved.

II. **SCOPE**

This policy applies to all employees, contractors, visitors and vendors.

III. **DEFINITIONS**

Heavy Object – For the purpose of this policy a heavy object is defined as one weighing approximately 50 pounds or more.

IV. **POLICY**

Employees are prohibited from lifting objects that weigh 55 pounds or more without getting help from other employees or using some type of mechanical lifting device that will safely reduce the physical force needed to lift the object.

It is recognized that the weight of all objects may not be easily determined. Employees are instructed to make good decisions and to err on the safe side.

When moving heavy objects always use a mechanical advantage device such as a hand truck, dolly, cart or fork lift.

V. **PROCEDURE** – The following ergonomic safe practices shall be adopted by employees before starting any manual lifting:

- a. Verify if feet have good grip on working surface and surface is not slippery
- b. Ensure a firm grip on the object to handle
- c. Make sure to lift the object is close as possible to the body, perform a symmetric movement and without back torsion
- d. Perform the load shift on a short distance

VI. **RESPONSIBILITIES**

- A. **Employees:** Recognize objects that are defined as heavy. When the need arises to lift a heavy object employees are required to adhere to this policy.

Assisting other employees lift and move heavy objects when needed.



Calhoun Operations

Power Lifting Policy

- B. **Department Management**: Ensure employees have access to equipment needed for lifting and moving heavy objects.

9/2/2015

