

SAFE LIFTING TECHNIQUES



1

Plan the Lift

2

Size up the Load

3

Establish a Base

4

Get a Good Grip

5

Lift Steadily

6

Keep it Close

7

Move your Feet



Is this a solo or team task?
 Do I need to clear the path?
 Do I need to reduce the load?
 Should I use a material handling device?
 Are there steps, ledges or other obstacles?
 Will I need to stop for rest?



Check the load to see that it is stable and balanced.

 Before lifting an object, test the weight of the object by lifting a corner.

 If you are unsure of its weight, use a material handling device.



Use a wide stance, with feet about shoulder's width apart, and one foot slightly in front of the other.

 This staggered position gives you more stability and reduces the risk of falling.



Use your palms to grip the object.

 Make sure you have an adequate hold before moving.



Use your leg strength to lift in a smooth, controlled manner.

 Keep your stomach muscles tight and your head and shoulders up.

 Avoid jerking and twisting motions.



The closer the load is to your body, the less strain on your back.



Don't twist the trunk; move your feet to turn.

Osha Safe Lifting

Daniel Farb



Osha Safe Lifting:

Osha Safe Lifting Daniel Farb, Daniel Farb, M.D., Bruce Gordon, 2003-12-01 OSHA Safe Lifting teaches safe lifting techniques hints and exercises for both people and objects so it is ideal for both industrial and healthcare settings

Publications of the U.S. Department of Labor, Subject Listing United States. Department of Labor, 1970

Publications of the U.S. Department of Labor, Subject Listing United States. Department of Labor. Office of Information, 1969 [OSHA Safe Lifting](#) Daniel Farb, 2004-10 OSHA Safe Lifting teaches safe lifting techniques hints and exercises for lifting both people and objects so it is ideal for both industrial and healthcare settings It is also an excellent reference for any individual who needs to lift for home or work Coverage is thorough with numerous photos Estimated time 2 4 hours 172 pages on the CD 24 pages in the manual The manual accompanying the CD provides a summary of the major points of the CD in a handy format You must have Internet Explorer 4 0 or higher running on your computer Supported operating systems are Windows 95 98 98 SE ME 2000 or XP The CD is licensed to play once on any Windows computer the borrower may purchase the program after that One library reference activation is included in the price **Safe Patient**

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Bloodborne Pathogens Guidebook Daniel Farb, Bruce Gordon, 2005 Describes the problems related to bloodborne pathogens and how health care professionals can protect themselves while treating cases

Mastering Entertainment Rigging: Best Practices, Safety Measures, and Innovations for Today's Stage Doug Doyle, 2025-04-28 Discover the comprehensive guide to entertainment rigging meticulously designed for professionals in the field This book unveils the industry s best practices safety measures and innovative techniques empowering you with the knowledge to execute exceptional rigging projects Unveiling the world of entertainment rigging this book captivates readers with a comprehensive exploration of the principles and practices that underpin the safe and efficient execution of rigging projects Each chapter delves into a specific aspect of rigging providing practical insights and essential information to guide you through every step Written for professionals in the entertainment industry including rigging crews technicians engineers and stage managers this book addresses the unique challenges faced in this demanding field It empowers you with the knowledge to assess risks develop rigging plans and implement cutting edge techniques to ensure the safety of performers crew and audience members Why should you buy this book Because it provides Up to date information on the latest rigging techniques and innovations Clear explanations of industry best practices and safety protocols Practical guidance on rigging design installation and maintenance Expert insights from industry professionals A comprehensive reference for entertainment rigging professionals at all levels

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web figure 1 flyback converter schematic flyback converter has two signal semi periods ton and toff which are named after and controlled by the mosfet s switching states during ton the mosfet is in the on state and current flows from the input through the primary inductor to linearly charge the coupled inductor

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dc conversion there are two types of regulators available linear or switching

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