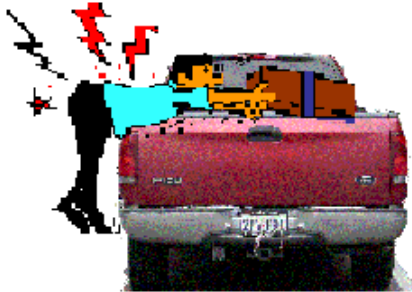




Safety Tips

A five minute training Series for PCOs.



Reaching & Lifting

As you are aware, strains are the number one cause of employees' injuries. Lifting is the major problem. However, if you reach while lifting, the probability of a straining injury is greatly compounded. When lifting properly, the ratio is 1 to 1. In other words, lifting a 25 lb. weight equals 25 lbs. When you lift improperly (bending at the hips and lifting with your back) it is a 10 to 1 lifting ratio. This means that the 25 lb. weight being lifted equals 250 lb, plus the weight of your body from the hips up times 10. If your arms are extended while lifting, this extends the distance from the hips and increases the ratio even more.

To reduce the potential for strain injuries, avoid reaching and lifting simultaneously. Common activities to avoid and ways to avoid them are:

- ◆ When removing items from the back of your vehicle, first pull the item to the edge of the truck bed and then lift it.
- ◆ When unreeling a pressure hose, don't try to pull it out as you walk up to the location to be treated. First unreel it, and then pull it to the location needed. When rolling the hose back up, first pull the hose back to the vehicle and then roll it back up on the reel.
- ◆ Always make sure the item is as close to your body as possible before attempting to lift it.
- ◆ If you use a backpack, first slide the backpack to the edge of the vehicle, squat down bending your knees (keeping your back straight) and slip the backpack on and then stand up using your leg muscles to lift the load.

**ALWAYS PULL THE ITEM TO YOU BEFORE ATTEMPTING TO LIFT IT.
DO NOT REACH AND LIFT AT THE SAME TIME!!!!**