



## SUMMER CLEANUP/MOVING - MAY 2019

This is the time of the year when maintenance, grounds and custodial teams are catching up and completing jobs that they aren't normally able to complete while teachers and students are in the classrooms.

### Reduce the Risk of Injury:

Assess the load before lifting. Test the weight by lifting a corner of the object. If the load is too heavy or awkward:

- Package items into smaller, lighter loads.
- Use a dolly or hand truck to move the load.
- Ask for help!

Check your path before you pick up the load. Don't carry objects that block your vision. Pushing is better for your back than pulling. Stretch before strenuous or heavy lifting.

### Guidelines for Safe Lifting:

- Place your feet close to the load and get a firm footing.
- Center your body over your feet. Feet should be shoulder-width apart.
- Squat down and bend at the hips and knees, not at the waist.
- Keep your back straight and your chin up. Grasp the load securely.
- Lift with your legs and keep the load close to your body as you lift.
- Breathe out as you lift.
- Place and store heavy items on a table or shelf at waist height.



### Don't:

- Bend at the waist.
- Twist your body as you lift.
- Lift objects higher than shoulder height if possible.

*It only takes a minute to make a safe choice.  
It takes a lot longer to recover from an unsafe one.*