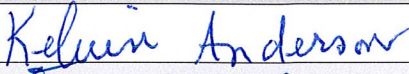
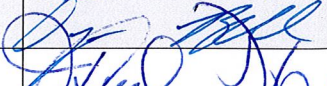
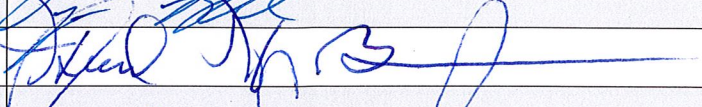
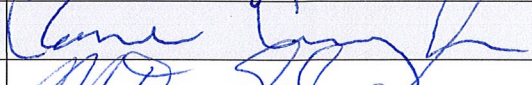





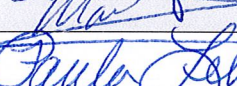
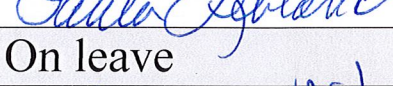
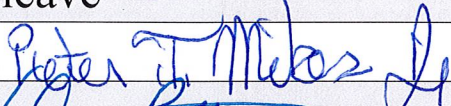
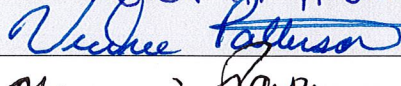
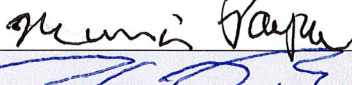
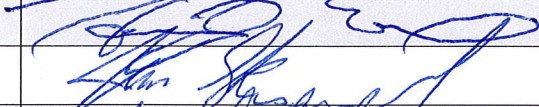
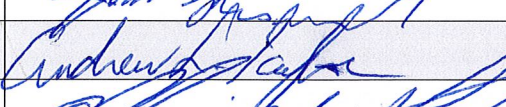

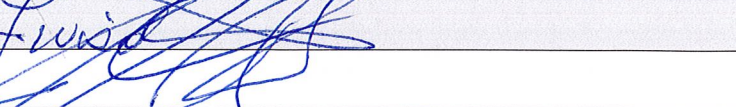
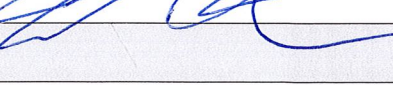
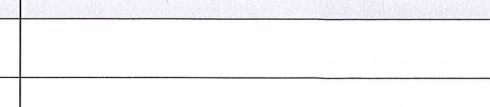


**TOWN OF LAKE PARK
PUBLIC WORKS DEPARTMENT – Director: Richard Scherle
SAFETY TRAINING**

Hosted by: Dwayne Bell	Date/Time: June 11, 2019
	Safe Lifting (Hand Out)
EMPLOYEE NAME	EMPLOYEE SIGNATURE
Anderson, Kelvin	
Bell Sr, Dwayne	
Butts, Howard H.	
Cunningham, Ronnie	
DaSilva, Manuel	
DuBois, James	
Harris, Jackie L.	
Hood, Bryan J.	
Hughes, Sheldon	
Jones, Matthew	
Leblanc, Paula	
Mathis, Paul A	On leave
Mikes Jr., Peter T.	
Patterson, Verdree	
Payne, Marvin D.	
Rossario, Henry	
Skrandel, James P.	
Taylor, Andrew	
Thomas, Michael	
Wisdom, Fensely	
Wylie, John C.	



SAFETY MONDAY

Safe Lifting

Workers can be exposed to risk factors at work while lifting heavy items, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures and performing the same or similar tasks repetitively. These activities can put workers at risk for injury.

To reduce this risk, it's important to follow a strong ergonomic process in the workplace. When it comes to lifting, you should follow these points to lift in an ergonomically correct fashion:

1. Examine the load and the surrounding area
2. Step into the load as your lift
3. Turn feet in direction of movement
4. Straddle the load with your feet
5. Bend knees when lifting a load
6. Keep back straight by looking up
7. Maintain a firm, balanced grip on the load
8. Position load close to the body and avoid twisting
9. Use your forward momentum to help with the lift
10. Use smooth, controlled movements

If the load is too heavy, too large, or too awkward stop and get help.

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