



**Berry Bros. General Contractors, Inc.
Corporate Policy Procedure**

Section # 51

Issue Date: 03-03-2011

**(HSE) Health, Safety & Environmental
Policies and Procedures Manual**

Doc # SWP – 51

Page: 1 of 3

Revision: 2

Approver: Joe Berry

MANUAL LIFTING / BACK SAFETY PROGRAM

CONTENTS	SUBPART
PUPOSE	A
HAZARD ASSESSMENT FOR MANUAL LIFTING	B
LIFTING LIMITS	C
MANUAL LIFTING PRINCIPLES	D

SUBPART A - PURPOSE

BBGCI is committed to preventing or reducing the frequency and severity of musculoskeletal disorders in the workplace. Occupational Health deals with identifying; evaluating (through monitoring, surveys, etc.); and controlling (through engineering, material substitutions, work practices, PPE, etc.) workplace health hazards.

SUBPART B – HAZARD ASSESSMENT FOR MANUAL LIFTING

Before a worker engages in manual lifting, lowering, pushing, pulling, carrying, handling or transporting of a load that could be injurious to the worker's health or safety, he/she should determine from Supervisors and co-workers if a hazard assessment has been done that considers the following :

- Weight of the load
- Size of the load
- Shape of the load
- Frequency of lifting, lowering, pushing, pulling, carrying, handling or transporting
- Manner in which the load is lifted, lowered pushed, carried, handled or transported.
- If a two man lift is required
- Whether vision is obscured while carrying
- Walking surface condition and surface path
- If mechanical lifting is a safer more efficient method.



Issue Date: 03-03-2011	Berry Bros. General Contractors, Inc. Corporate Policy Procedure (HSE) Health, Safety & Environmental Policies and Procedures Manual	Section # 51
Page: 2 of 3		Doc # SWP – 51
Approver: Joe Berry		Revision: 2
MANUAL LIFTING / BACK SAFETY PROGRAM		

In the event there is no hazard assessment done for the task at hand, consult with your supervisor and local HSE tech to ensure the proper lifting method is being applied.

SUBPART C- LIFTING LIMITS

BBGCI sets a maximum weight limit of 50 pounds (23 kg) per person. If the lift is to be executed with two people then the weight limit is 100 pounds (45.5 kg).

The 50 lbs (23 kg) limit is the NIOSH Lifting equation load constant. The recommended weight limit assumes a single lift per day and optimum hand location, lift height, lift travel distance and body position, and would typically accommodate 99% of healthy male and 75% of female populations in North America.

For any repetitive type lifting or non-optimal body positioning, lift height, or distance, and other relevant handling factors, consult with your Supervisor for additional lifting suggestions, as these factors will impose additional constraints and thus reduce the maximum weight to be lifted.

SUBPART D- MANUAL LIFTING PRICIPLES

There isn't one perfect solution for lifting. -Make sure you and your co-workers' develop lifting methods that follow these 4 key principles.

1. Keep the natural curve in your lower back.

When standing straight, the lower back naturally curves to create a slight hollow. Always try to maintain this curve when lifting, lowering or moving objects. The spine and back are their most stable in this position.

2. Contract your abdominal muscles.

Contract the abdominal muscles during lifting, lowering and moving activities. This improves spine stability. Sometimes described as "bracing", contracting the abdominal muscles even slightly (as little as four to five percent) improves spine stability and reduces the likelihood of injury.

3. Avoid twisting.

Twisting the back can make it less stable, increasing the likelihood of injury. Bracing helps reduce any tendency to twist. Turn with your feet.



**Berry Bros. General Contractors, Inc.
Corporate Policy Procedure**

Section # 51

Issue Date: 03-03-2011

**(HSE) Health, Safety & Environmental
Policies and Procedures Manual**

Doc # SWP – 51

Page: 3 of 3

Revision: 2

Approver: Joe Berry

MANUAL LIFTING / BACK SAFETY PROGRAM

4. Hold it close.

Keep the load as close to the belly button and body as possible. Doing so reduces the strain on muscles of the back and trunk. If necessary, use protective clothing such as leather aprons so that sharp, dirty, hot or cold objects can be held as close to the body as possible. Use extreme caution in lifting anything higher than your chest. A weight held out in front of you would pull you over forward if you didn't lean backward to balance. This causes some of the worst back strain.

SUBPART E- LIFTING ALTERNATIVES

Mechanical Lifts – Whenever possible, mechanical lifts will be provided and utilized to reduce the possible chances of back injury such as pulls and strains. Some samples of mechanical lifts include:

- Dollies / hand trucks
- Jacks
- Carts
- Chain pulls / hoists
- Forklifts, etc.

Work Stations – Whenever possible workstations should be arranged / designed to reduce the manual handling and movement of materials by considering the use of turntables, lifts, height of workstations and design layout.

For more information refer to BBGCI's Ergonomics policy.

Revision Date: 11-11-2014 10-24-2018

Approved By: Joe Berry & Safety Committee