



UNIVERSITY OF  
**GEORGIA**

Facilities Management Division

# LIFTING, MOVING AND CLIMBING

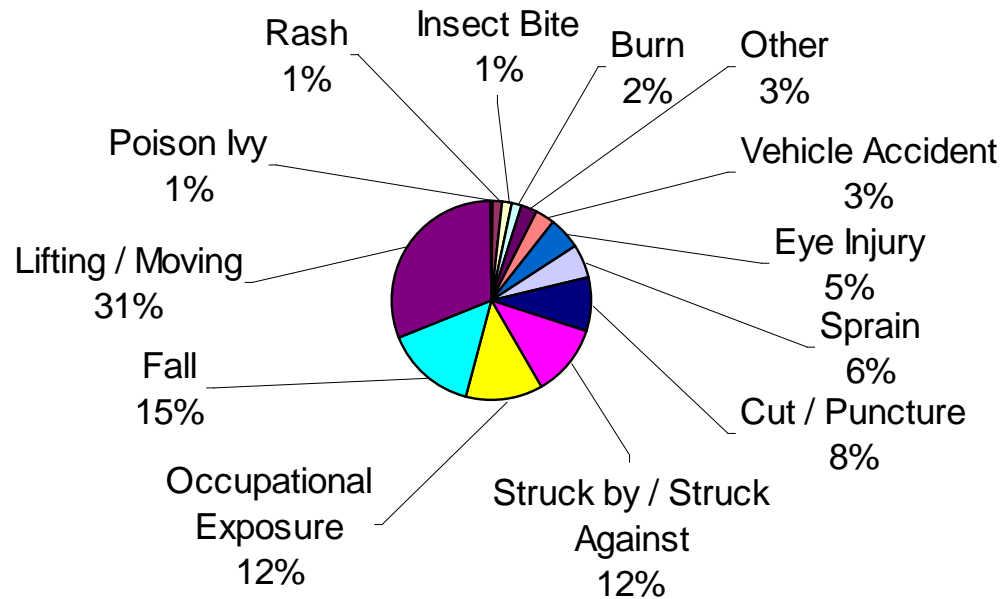
***FACILITIES MANAGEMENT DIVISION***

*1180 East Broad Street*

*Athens, Georgia 30602*

# FMD Injuries

On average, more than 50% of the Facilities Management Injuries are related to Lifting and Motion Incidents



# Most Injuries Result In

- Sprains
- Strains
- Muscle spasms
- Ruptured/  
slipped disks
- Falls with other injury



# Muscle Injury Can Cause

- Dull, aching sensation
- Discomfort with movements
- Tenderness to the touch
- Burning sensation
- Pain
- Tingling
- Cramping
- Stiffness



# Back Pain Is Also Caused By

- Improper posture
- Poor physical condition
- Improper lifting
- Over Exertion



# *Workplace Injury Can Be Caused By:*

- Repetitive Motions
- Fixed / Awkward postures
- Vibration
- Excessive Force
- Twisting / Bending
- Lifting
- Falling



# Use Good Planning

- Use Available Tools
- Proper Physical Motion
- Respect Your Physical Limitations (Item weight, distance to travel)
- Respect Your Work Environment (Stairs, Wet Locations, etc.)



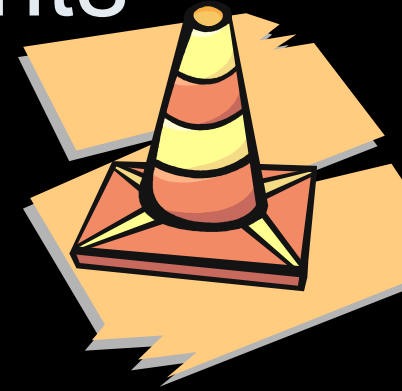


## *Housekeeping*

Good housekeeping is the first and the most important level of preventing falls due to slips and trips.



# Housekeeping Requirements



- *cleaning all spills immediately*
- *marking spills and wet areas*
- *mopping or sweeping debris from floors*
- *removing obstacles from walkways and always keeping them free of clutter*
- *securing (tacking, taping, etc.) mats, rugs and carpets that do not lay flat*
- *always closing file cabinet or storage drawers*
- *covering cables that cross walkways*
- *keeping working areas and walkways well lit*
- *replacing used light bulbs and faulty switches*

# Lifting Properly

- Size up the load – don't do too much
- Make sure to clear your path
- Bend your knees, not your back
- Do not twist your back, only move your feet
- Lower the load slowly
- Use carts/dollies



# *Proper Lifting*



- Lift with your legs, not your back!
- Move your feet to turn, not your back!

# Work practice controls

- Use proper lifting techniques
- Avoid unnecessary steps
- Ask for Help



# Work Smart!

## *Things to Avoid*

- Awkward, bent grip
- Heavy Vibrations
- Excessive grip strength
- Awkward positions to exert force
- Excessive repetitive motions



# 3-Point Rule



The 3-point rule involves placing at least three of your four limbs in contact with the surface at all times. This can be two feet and one hand, or two hands and one foot. By using this method, you are reducing the likelihood of falling.

# Climbing

- Never jump from an elevated surface.
- Never climb down with an item in your free hand.
- Use proper shoes.
- Take extra care during bad weather.
- Survey the ground below for obstacles below.



# Job Hazard Analysis #1

What is wrong in this picture?



- *Awkward Load*
- *Bending at Waist*
- *May trip on mat!*

***BE SAFE!!!***

- ***Make multiple trips!***
- ***Plan your route!***



# Job Hazard Analysis #2

What is wrong in this picture?



- Can't see over the boxes
- Trash on stairs
- Not using hand rail

***BE SAFE!!!***

- Make multiple trips!***
- Plan your route!***

# Job Hazard Analysis #3

What is wrong in this picture?



This driver is entering his cab without using the 3-point rule.

***BE SAFE!!!  
Always make 3  
points of contact!***

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# UGA Hazards

**Know your work area and potential hazards AHEAD OF TIME! Have a plan to minimize the potential hazards.**

## ***Lifting***

- Use a hand truck
- Ask for help
- Plan and clear your route
- WAIT for help to arrive

## ***Climbing***

- Always use 3-Points of Contact

# Need Additional Information?

- Shop Supervisor
- Facilities Safety Office 2-1141
- UGA Environmental Safety Division



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