



UNIVERSITY OF
GEORGIA
Facilities Management Division

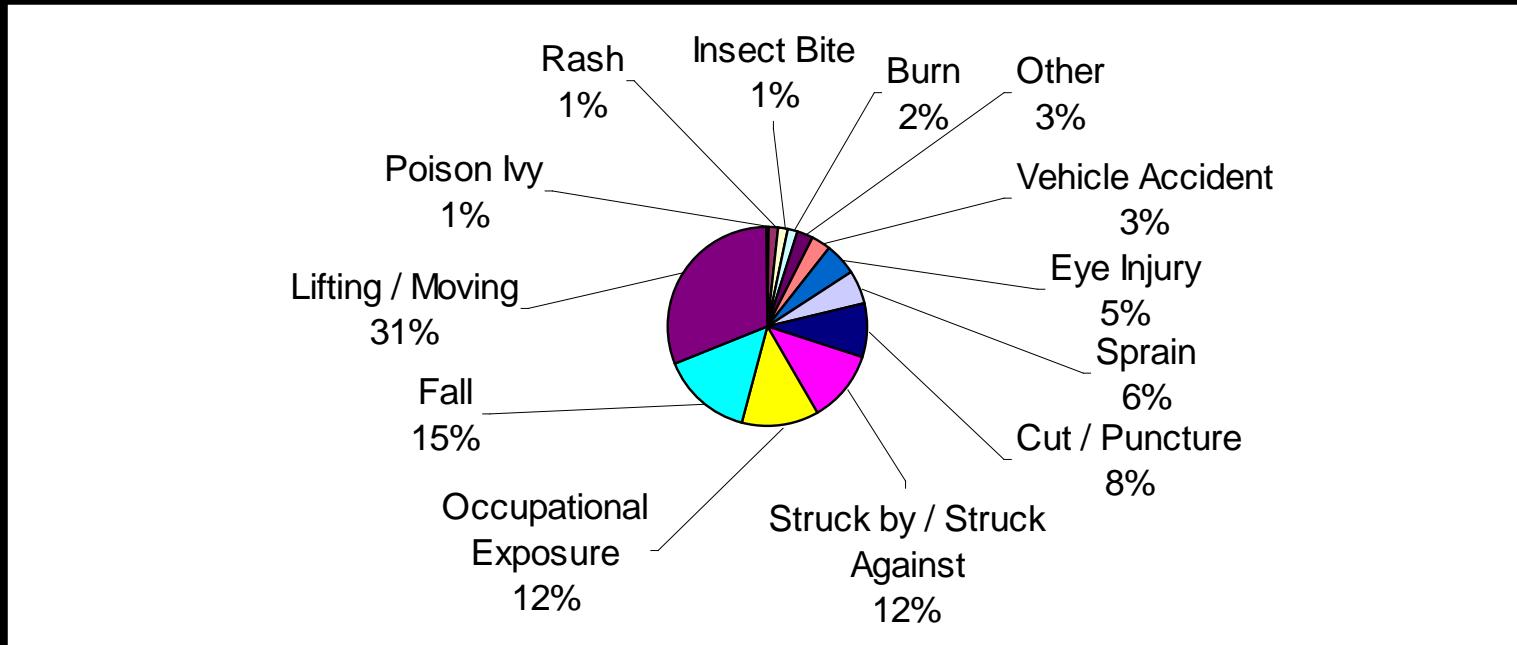
LIFTING, MOVING AND CLIMBING

FACILITIES MANAGEMENT DIVISION

*1180 East Broad Street
Athens, Georgia 30602*

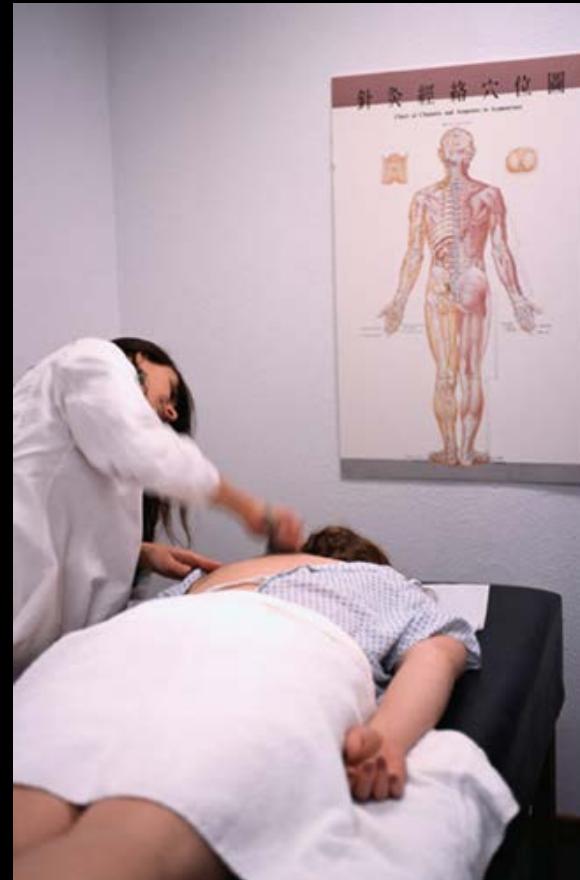
FMD Injuries

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



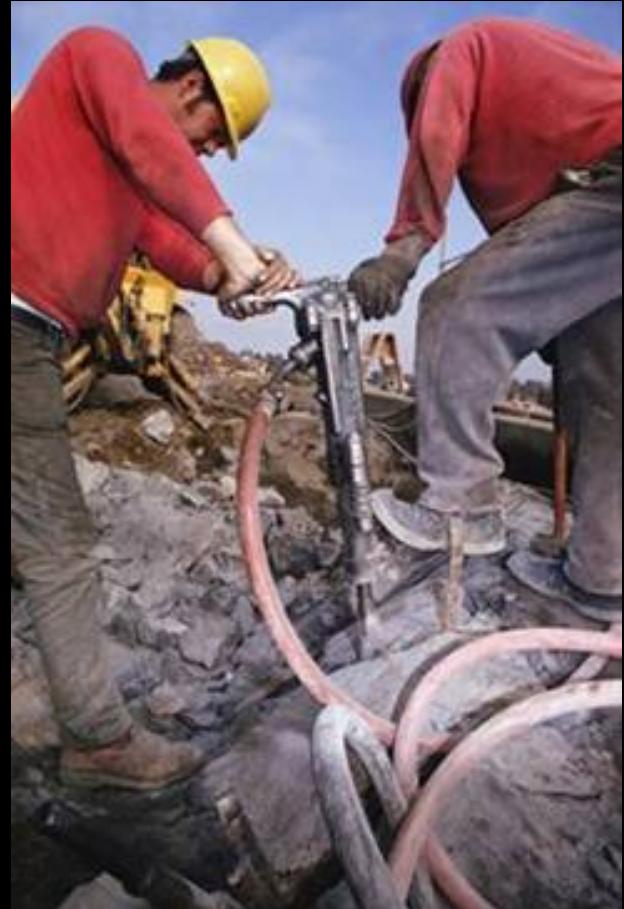
Back Pain Is Also Caused By

- 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.)



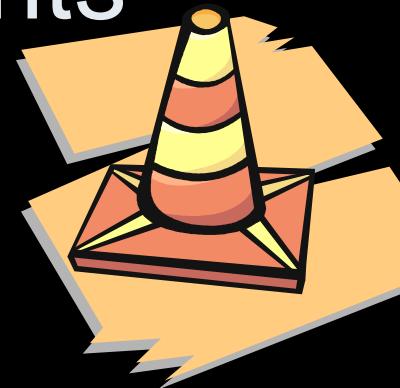


Housekeeping

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!***



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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