

# Safety Clips

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AMCA Supporting its Association Safety Plan

## Arizona Masonry Contractors Association

### Team Lifting: A Special Case with Special Rules

Provided by BLR Safety Advisor

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There may be only a few occasions when team lifting is necessary. But if your workers know the rules for team lifting, they'll be able to move big, awkward loads more easily -and more safely.

When two or more workers move a load together, the risk of accidents and injuries increases. To protect workers involved in team lifting, you need to teach them some special lifting rules that ensure everyone involved lifts and moves together as a unit.

Here are those rules, courtesy of the team lifting safety meeting in BLR's Safety Meetings Library:

1. Plan the lift. One person should take responsibility for giving the orders to lift, turn, and set down. But everybody has to understand what needs to be done before getting started so that the lift goes smoothly.
2. Lift and lower in the same manner. Each worker should follow the same safe lifting technique: Squat down close to the load, Get a firm grip, Keep his or her back straight, and lift slowly, powering the lift with leg muscles not back muscles.
3. Move slowly and evenly. The load should be carried without sudden starts or stops.

And all workers should watch where they're going.

4. Keep the load level and the weight evenly distributed. Workers should be especially careful when going down inclines.

5. Carry long loads on the same shoulder. Each team member should carry a long load, like pipes or boards, on the same shoulder. If the object is rigid, they should walk in step. But if the load is flexible, walking out of step is the best way, since this will keep flexible objects from bouncing.

6. Avoid walking backwards. If it's absolutely necessary, make sure the path is clear, and have an extra team member to guide the move.

### **Team Lifting No-No's**

Make sure team lifters understand that they should not:

- Twist their bodies when lifting or carrying,
- Lift from one knee,
- Change their grip while holding the load, or
- Step over objects when moving the load.

AMCA's Safety Committee is committed to providing support in your efforts to keep your employees safe and healthy. Safety Clips can be used in any number of ways: toolbox training sessions, company newsletter article or used as an opener for discussions in manager/supervisor's meetings, etc. Safety Clips is a means to keep safety topics fresh and in the forefront of your busy days and to make it easier for you to turn around and share with others in your company. If there are additional email addresses you'd like to add to the distribution list forward them to [lori@azmasonry.net](mailto:lori@azmasonry.net).