

JOB HAZARD ANALYSIS

Location(s):	Campus Wide	Analysis By:	Steve Singleton	Date:	May 19, 2009
Division:	Facilities	Supervisor:	Numerous	Frequency:	One-time
Category:	General			JHA Number:	8
Title of Job:	Manual lifting of items				

REQUIRED PERSONAL PROTECTIVE EQUIPMENT/TRAINING:

Gloves, safety glasses, steel toed footwear

SCOPE DESCRIPTION:

An overview of manual lifting and the mechanics associated with lifting.

Task #	Description	Hazard(s)	Control(s)
1	Lifting Heavy Objects	Back strain	Know proper lifting mechanics. Avoid twisting and turning motions. Do not try to lift very heavy objects (50 lbs or more). Ask for help. Use dolly or cart to move heavy items. Use mechanical devices if needed.
2	Lifting Bulky Objects	Back strain, foot injury, hand injury	Insure that you have a good grasp on the object. If the object is bulky or oddly shaped use a mechanical device or assistance to move. Steel toed shoes shall be worn in case of a dropped object. Leather or other suitable gloves can be used to help with grip and to protect hands from cuts, scraps, or minor pinch points.
3	Lifting/Moving heavy objects	Foot Injury	Insure steel toed shoes are worn while moving heavy loads.
4	Carrying loads over distance	Back injury	Utilize dollies, carts, or other mechanical means to move loads over distances.
5	Moving load from one surface to another	Back injury	Attempt to lift from the same height surface to another without bending or twisting the body. Use your legs during a lift and not the back.