

Safety Gram

NOVEMBER
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Proper Lifting

Despite all the equipment, tools, and machinery that is used in manufacturing, manual labor is still needed to get a lot of work done. This means that every worker is exposed to potential injuries to their back by simply doing the normal everyday tasks they often don't think about. Tasks that can cause or aggravate an existing back injury include:

- Shoveling, twisting, or awkward body positions
- Bending, stooping, or squatting
- Kneeling for long periods of time
- Placing materials overhead
- Lifting materials from the floor
- Pushing heavy materials

Tips to Lifting

When you must lift or carry materials:

- Do not attempt to lift by bending forward
- Bend your hips and knees to squat down
- Keep the load as close to your body as you can
- Try not to twist your whole body
- Lift with your legs, not your back
- Lift the load using a solid two-handed grip
- Lift and lower materials in a smooth steady way, try not to jerk the lift
- Never lift a heavy object above shoulder level

Safety Committee

The purpose of the Chemistry and Biochemistry Department Safety Committee is to help protect researchers, workers, and students in the department.

Please contact us with any questions, concerns, or suggestions about lab safety.

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Proper Shoveling Posture



Shoveling is a cold activity, warm up your spine by stretching first!

Bend your knees and keep your back straight.

Keep your feet apart and have a strong low stance.

Scoop and lift upwards with your legs, not your back.

Don't shovel more than you can handle, don't strain your back by lifting too much

Keep the shovel close to your body making it easier to lift.

Don't twist, point your feet in the direction you want to throw the snow.

Push the snow forward if possible, instead of throwing it to the side.

Take frequent breaks and don't overdo it!



Thanksgiving Safety

Fire fighters say the greatest number of home cooking fires occur on Thanksgiving Day. Top causes are:

- 34% Unattended Equipment
- 11% Abandoned Material
- 10% Heat source too close to flammable materials
- 9% Product misuse
- 8% Accidentally left cooking equipment on
- 28 % Other

Happy Thanksgiving

