







EHS Guidance Notes



GN # 07 – Manual Lifting

Environment, Health and Safety
Ports, Customs & Free Zone Corporation

		
<p style="text-align: center;">ASSESS THE LOAD</p> <ul style="list-style-type: none"> ▪ Assess the load to be lifted. ▪ Do not lift more than individual's capacity. ▪ Avoid lifting if you are medically unfit or sick. ▪ As per DM code of construction Man should lift load not more than 50 kgs. & Woman should lift load not more than 20 kgs. ▪ Wherever possible make use of mechanical lifting aids. 	<p style="text-align: center;">POSITION YOURSELF</p> <ul style="list-style-type: none"> ▪ Come closer to the load to be lifted. ▪ Avoid over reaching or stretching. ▪ Position your feet properly in the direction of load to be moved. 	<p style="text-align: center;">KEEP THE BACK STRAIGHT</p> <ul style="list-style-type: none"> ▪ Bend your knees. ▪ Keep your back straight (but not vertical). ▪ Keep chin tucked into the body.
		
<p style="text-align: center;">CORRECT GRIP</p> <ul style="list-style-type: none"> ▪ Take a firm grip by using the palms of the hands and roots of fingers. ▪ Take care of the sharp edges. ▪ Use appropriate PPE such as gloves, safety shoes etc. 	<p style="text-align: center;">LIFTING</p> <ul style="list-style-type: none"> ▪ If lifting from ground make maximum use of legs. ▪ Lift the load smoothly. Avoid giving jerk. ▪ Never lift the load using your back. 	<p style="text-align: center;">CARRYING LOAD</p> <ul style="list-style-type: none"> ▪ Make sure you can see where you are going. ▪ Avoid twisting the body, move your feet instead. ▪ Keep control of the load. ▪ Keep your back straight at all times. ▪ Take care that your fingers are not trapped below the load. ▪ Check & remove tripping hazards if any. ▪ Ensure adequate lighting levels are maintained.