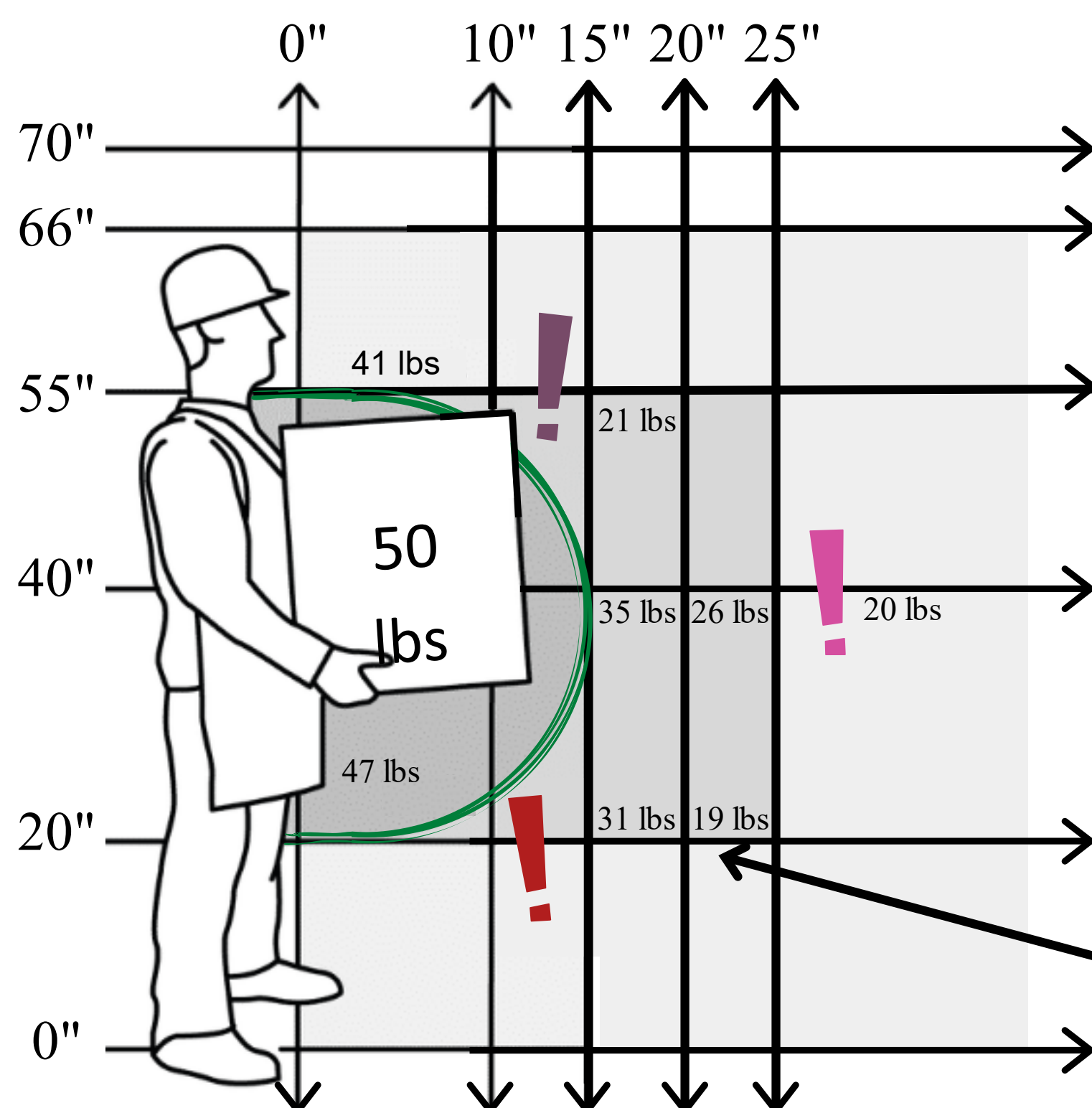


Lifting Safely

Supervisor
Crew
Talk

To safely pick up an object:

- 1 Stand with your feet shoulder-width apart and planted firmly on the ground.
- 2 Squat down by bending your knees, not your back.
- 3 Grasp the object near the bottom with your hands on opposite sides.
- 4 Tighten your stomach muscles.
- 5 Lift the object slowly with your chest forward and back straight.
- 6 Move your feet to turn, don't twist or bend your back.



Excellent

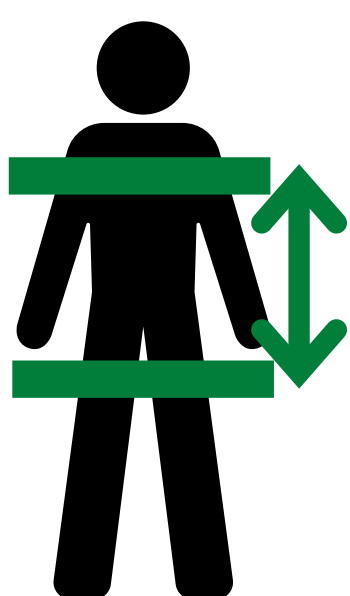
Safe

Danger

The recommended weight limit that can be lifted safely at different vertical and horizontal distances

"Power" Zone

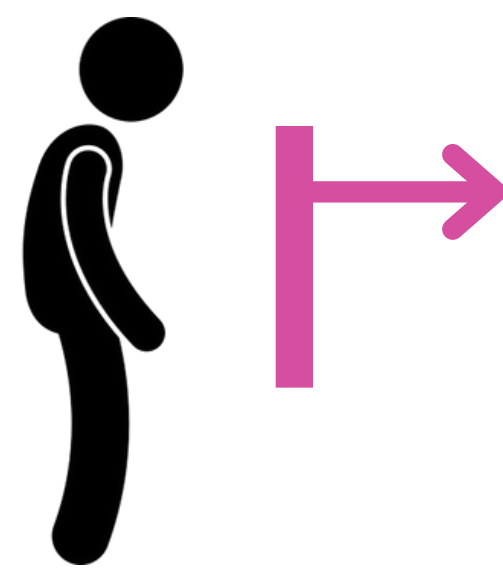
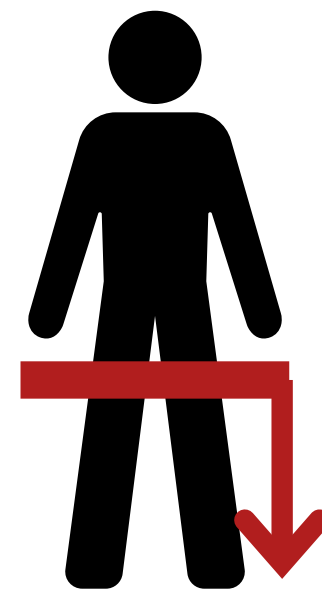
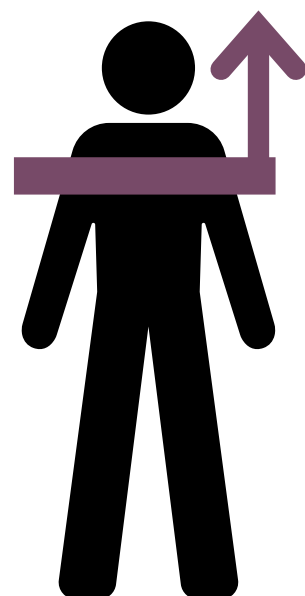
The safest area for lifting, as it reduces strain on the arms and back. Try to hold objects as close as possible, between the chest and mid-thigh.



Danger Zones

Carrying an object in these areas will cause undue strain on the back and arms.

Above the chest Below mid-thigh Far from the body



"Safety is a core value and business priority"



West Fraser