



Safe Work Methods DOK

7 Keys to Prevent Lift/Lower Injuries

- **Get Close to the object** – work within your Power Zone
- **Position Feet** – shoulder width apart, one slightly in front of the other
- **Bend Knees** – keep the natural curve of the back
- **Test Weight** – of the package and for shifting content
- **Firm Grip** – grasp opposite corners
- **Smooth and Steady Motion** – don't jerk
- **Move Feet** – step or pivot, don't twist

What is Power Zone

- **The power zone for lifting is close to the body, between mid-thigh and mid-chest height.**
- **Push the object rather than pull; with exception of threshold/curbs/steep incline.**
- **Work as a team; both members of the team are responsible for the load.**
- **Never pull dolly with one arm behind the back.**

5 Keys to Prevent Slip/Fall Injuries

- **Plan your routes from stack to truck; truck to home; and home to truck.**
- **Walk at Pace for Conditions** – does not run
- **Establish Firm Footing** – to maintaining your balance
- **Use designated walkways** – to have a safe path
- **Look Before Stepping** – scan your work area
- **Adjust based on changing conditions** – rain and snow