

Lifting and carrying materials:

Outdoor structures and landscaping: Industrial Technology

Answers

Activity

After viewing the *Rules for lifting* Powerpoint presentation answer the following questions:

1. Outline the ten rules that should be followed for safe lifting.

The ten rules that should be followed for safe lifting are:

- a) Test the load.
- b) Plan the move.
- c) Use a wide balanced stance with one foot ahead of another.
- d) Grip the load firmly.
- e) Bend the knees.
- f) Bring the object as close to the body as possible.
- g) Tighten the stomach muscles as the lift begins.
- h) Keep head and shoulders upright.
- i) Lift with the legs.
- j) Set the load down carefully.

2. Identify the part of the body that is the most crucial part to bend during the lifting operation.

The part of the body that is the most crucial part to bend during the lifting operation is the knees.

3. Where should the object be held in relation to the body of a person lifting it?

An object should be held as close as possible to the body of the person lifting it.

4. Examine Figure 1 in the Powerpoint presentation. Outline the faults in the lifting procedure that are illustrated in this image.

The illustrated faults in the lifting procedure are, that the person is attempting to lift the object by bending his back rather than his knees and the object is not being held as close as possible to his body.