



Tailgate Safety Talk

Information You Can Use to Prevent Accidents & Injuries

Team Lifting

What is team lifting? It's two or more people moving a load together, most likely a guardrail section or pipe.

When do you use it? When a load is too heavy, too bulky, or too long to be moved by one person.

How do you do it?

1. One person gives the order to lift, turn and set down. Everyone must lift and move together. Each worker should understand what is supposed to happen before you begin.
2. Lift and lower in the same way. Squat down close to the load, get a firm grip, keep the back straight, lift slowly with leg power. For setting down, reverse the procedure. Take care to keep fingers and hands from being caught underneath.
3. Carry the load without sudden starts or stops. Move slowly and watch where you step.
4. Avoid stairs whenever possible. Use an elevator or hoist to move loads to different floor levels.
5. Keep the load level and the weight evenly distributed. Be especially careful when you are going up and down slopes.
6. Carry long, rigid loads with the same shoulder and walk in step. If there's more than two people involved, walking out of step will keep flexible objects from bouncing.
7. Avoid walking backwards. If it's necessary, be sure the path is clear and have someone guide you.

DO NOT:

- Twist your body when lifting or carrying.
- Lift from one knee.
- Change your grip while holding a load.
- Step over objects when you are moving.

Make lifting safe and easy. Use teamwork.

Users of this tailgate talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations.