

JOB SAFETY ANALYSIS

Safety Information for the University of California, Berkeley

RECREATIONAL SPORTS - OPERATIONS MOVING/LIFTING HEAVY OBJECTS

General Precautions: Before moving or lifting any heavy object, always assess its weight in the context of your own strength. Wear a back brace to provide additional support for the lower back.

TASK	HAZARDS	CONTROLS
1. Lifting heavy object. Saving yourself from injury is more important than avoiding damage to what you're lifting.	Back injury	Bend knees to lessen pressure on the lower back. Use legs as the source of power to lift object. Solicit the help of others or employ tools if object is too heavy to be lifted by one person.
	Foot injury from dropping heavy object	Get a secure hold on object. Wear gloves to aid in a secure grip. Wear steel-toed shoes, or similar.
2. Transporting heavy object.	Back injury	See above for more information.
	Slipping on wet or slick floor	Evaluate condition of floor along path from origin to destination. Do not move heavy loads until floor is dry.
3. Setting heavy object down.	Foot injury from dropping heavy object	Do not drop object. See above for more information.
	Back injury	See above for more information.
Required Training:		Required Personal Protective Equipment (PPE)
		Back brace Steel-toed Shoes (if necessary)

Other Information:

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