

**General Safe Work Practice for Team Lifting**

**DO:**

* **Organize the lift**. One person should take the lead for giving orders to lift, turn, and set down. But everyone involved must understand what needs to be done before getting started.
* **Lift and lower in the same manner**. Each worker should follow the same safe lifting technique. Squat down close to the load, maintain a firm grip, keep back straight and lift with their legs.
* **Move slowly**. The load should be carried without sudden stops and all workers must watch where they are going.
* **Keep the load level and the weight evenly distributed**. Workers should be especially careful when traversing slopes or egress
* **Carry long loads on the same shoulder**. Each worker involved in the lift/move should share carry long items like pipes or boards on the same shoulder.
* **Never walk backwards**. Make sure a path is clear and an extra team member should act as a guide during the move.

**Do Not:**

* Twist bodies when lifting or carrying
* Lift with your back
* Change grip while holding or moving objects
* Step over objects or travel through/over hazardous obstacles