

	<b>WESTERN MILLCRAFT INC.</b> 12506 – 128 STREET EDMONTON, AB, T5L 1C8	Effective Date: 1 OCTOBER, 2011	Revised by: JFK
	<b>OCCUPATIONAL HEALTH &amp; SAFETY MANUAL</b> <b>COMPANY RULES AND REGULATIONS</b> <b>MANUAL LIFTING</b>	Page 1 of 1	HSE: 4.7 Revision: 00

<b>TITLE</b>	<b>4.7 MANUAL LIFTING</b>
<b>GENERAL</b>	Protecting employees from injuries associated with material lifting and carrying
<b>APPLICATION</b>	To ensure employees are aware of the potential and existing hazards
<b>PROTECTIVE MECHANISMS</b>	ERP – Emergency Response Plan General Rules Personal Protective Equipment (PPE) Safe Work Practice
<b>SELECTION, USE &amp; MATERIAL REQUIRED</b>	As per job requirement and safe work practices ERP – Emergency Response Plan Personal Protective Equipment (PPE)
<b>SUPERVISOR RESPONSIBILITY</b>	To facilitate and/or provide proper instruction to their employees on protection requirements and training Hazard Analysis FLHA Selection of lifting equipment
<b>WORKER RESPONSIBILITY</b>	<ol style="list-style-type: none"> <li>1. Ensure that you know your physical limitations and the approximate weight of materials</li> <li>2. The use of power equipment or mechanical lifting devices should be considered and employed where practical</li> <li>3. Obtain assistance in lifting heavy objects</li> <li>4. Ensure a good grip before lifting and employ proper lifting technique</li> <li>5. Avoid reaching out</li> <li>6. Be aware of hazardous and unsafe conditions</li> </ol>

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The Information in this policy does not take precedence over the OH&S Act, Regulation, Codes, or applicable Government Legislation

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