

EXTRA, EXTRA  
READ ALL ABOUT IT  
M&O

## Safety & Compliance News

### PROPER LIFTING TECHNIQUES

Follow these **dos** and **don'ts** to make sure you lift safely?

#### DO

- Only lift something if it is absolutely necessary. The optimal lifting zone is between your waist and shoulders, and as close to the body as possible.
- Be in good physical shape. If you are not used to lifting and vigorous exercise, do not attempt to do difficult lifting or lowering tasks.
- Think before acting. Place materials conveniently within reach. Have handling aids available. Make sure sufficient space is cleared.
- Get a good grip on the load. Test the weight before trying to move it. If it is too bulky or heavy, get a mechanical lifting aid or somebody else to help, or both.
- Get the load off the body. Place the feet close to the load. Stand in a stable position with the feet pointing in the direction of the movement. Lift mostly by straightening legs.

#### DON'T

- Twist the back or bend sideways
- Lift or lower awkwardly
- Hesitate to get mechanical help or help from another person
- Lift with the arms extended
- Continue lifting when the load is too heavy.



**Always Think Safety**



## Safety matters



### M&O Birthdays

June 2019

Jesse Martinez	Scott Wilkerson
Armando Ochoa	Steve Markuson
Francisco Ibarra	Tyshana Spears
Eric Walker	Mark Adame
Geri Garcia	Juan Tostado
Paul Flores	Jerry Ybarra

John Phandthong  
Richard Rodriguez  
Edrai Hernandez

#### Congratulations

Farewell and Good Luck to **ALL** of the retirees and to those who are moving on to other future endeavors. A special "Thank You" to my Site Safety Committee Member Richard Carpenter, we will truly miss you my friend! He too will be retiring and this leaves an opportunity for someone to serve on the M&O Site Safety Committee. If you are interested in joining our committee please contact your supervisor or myself. Once again, wishing you all the very best.



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