Lifting

Can youth do this job safely?

Youth must be able to do/have all of the following to perform this job safely:

- Avoid loose clothing, clothes with strings, tie up long hair
- Bend safely, using proper bending techniques
- Perform warm-up exercises
- Determine the object weighs less than 25% of youth's body weight
- Access object without obstruction
- Carry the load the required distance, without straining
- Lift objects safely, using proper lifting technique
- Safely demonstrate the job 4 to 5 times
- Maintain two-way communication link



Adult Responsibilities

- Comply with the working outdoors guideline (if applicable)
- Ensure work area is free from hazards
- Educate youth on avoiding/addressing remaining hazards
- Demonstrate how to lift safely
- Provide appropriate training
- Ensure object weighs less than 25% of youth's body weight
- Determine if another person or lifting device is needed
- Determine length of carry based on size and weight of object; monitor for fatigue
- Determine frequency of lifts based on weight of object
- Provide frequent stretch breaks

Supervision

7-9 yrs	Constant supervision (Limit work to 15 minutes)
10-11 yrs	Intermittent supervision (Limit work to 20 minutes)
12-13 yrs	Intermittent supervision
14-15 yrs	Intermittent supervision progressing to periodic
16+ yrs	Periodic supervision

Hazards



Weight | Slippery/ uneven surfaces | Repetitive motion | Sharp objects | Distractions

Protective Strategies



Gloves (if needed) | Non-skid shoes | Communication Tools | Drink Fluids | Handwashing

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