



# 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



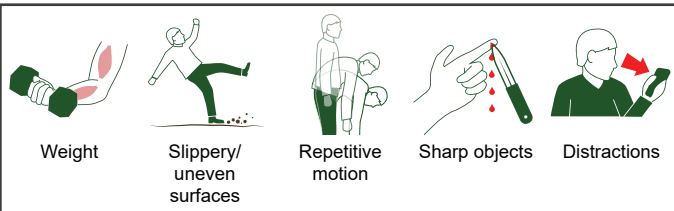
## Adult Responsibilities

- 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

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

## Hazards



## Protective Strategies

