



# Safe Work Procedure Lifting Lobster Crate (Two Person Lift)

*Must be reviewed signed and dated by Manager. The JOSH committee or Safety Representative and applicable employees shall review and make necessary changes before the SWP is used to train employees.*

<b>Department / Area:</b>	<b>Approved By:</b>	<b>Date Created:</b>	<b>Review / Revised Date:</b>
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Potential Hazards:	Possible Injuries:	Training:
<ul style="list-style-type: none"> <li>Pinch points</li> <li>Awkward positioning</li> <li>Possible crush injury</li> <li>Repetitive Motion</li> <li>Twisting</li> <li>Slip/trip/falls</li> <li>Sharp edges on crates</li> <li>Materials falling</li> <li>Uneven stacking</li> </ul>	<ul style="list-style-type: none"> <li>Back Injuries</li> <li>Knee Injuries</li> <li>Muscle Injuries</li> <li>Sprains/Strains</li> <li>Carpel Tunnel</li> </ul>	<ul style="list-style-type: none"> <li>Safe Lifting Training</li> <li>Proper training of entire procedure shall be conducted by trained personnel during orientation</li> <li>On the job training</li> </ul>

### Personal Protective Equipment

- Protective Clothing; Gloves/Steel toe Boots.
- Keep workspace tidy.
- Lifesaving equipment shall be readily available.
- Working alone is prohibited. At least one other person must be close by to observe the work. and be capable of initiating an emergency rescue if needed.

### Steps to complete the task safely:

1. Wear required safety equipment and inspect it daily to ensure it is in good condition in order to provide the protection required.
2. Take some time to stretch. It's important to prepare your body for the lift.
3. Conduct a pre-job inspection of your workspace checking for any possible hazards

including tripping hazards,

4. Before lifting lobster crate, test lifting ability,
5. Clear the area of any debris you may trip over,
6. Prepare the area where the crate will be placed,
7. Communicate and co-ordinate lift with participant,
8. Get a good footing before lifting to avoid slipping,
9. **Only use the rope handles when carrying the crate a distance**
10. Move close to the crate ,
11. Place feet shoulder width apart, with one foot slightly in front of the other,
12. Squat down bending, at your knees and hips only,
13. Keep your back as straight as possible,
14. Engage abdominals and core muscles ,
15. Ensure you both have a good grip on the crate and the weight is balanced evenly,
16. Using your leg muscles, lift slowly and do not twist,
17. Keep the crate close to you,
18. Rotate body position by shifting the feet. Do not rotate the back,
19. Set the crate down gradually by bending at the knees,
20. **Be especially careful when lifting in tight spaces**

**When passing the crate to someone on a boat or receiving the lobster crate while on the dock:**

21. Use lifting devices that are made available.
22. Ensure you are wearing a PFD.
23. Be mindful of how close you are to the edge of the dock.
24. Avoid leaning too far over the side of the dock.
25. Ensure the person receiving the crate has a proper grip before releasing the crate.