

Safe Work Procedure Lifting Traps

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.

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| Department / Area: | Approved By: | Date Created: | Review / Revised date: |
|---------------------------|---------------------|----------------------|-------------------------------|

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| Potential Hazards: | Possible Injuries: | Training: |
| <ul style="list-style-type: none"> • Ergonomic Issues • Pinch points • Falling Lobster Traps • Weather conditions • Possible crush injury • Falling from heights • Uneven stacking • Awkward positioning • Repetitive Motion • Twisting • Slip/trip/falls • Materials falling | <ul style="list-style-type: none"> • Muscle injuries • Knee injuries • Back injuries • Injuries from falling objects • Sprains/ Strains | <ul style="list-style-type: none"> • Safe Lifting Training |
| Personal Protective Equipment | | |
| <ul style="list-style-type: none"> • 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: | | |
| <ol style="list-style-type: none"> 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. Before lifting lobster trap, test your lifting ability, 4. Clear the area of any debris you may trip over, 5. Prepare the area where the trap will be placed, 6. Get a good footing before lifting to avoid slipping, 7. Move close to the trap, 8. Place feet shoulder width apart, with one foot slightly in front of the other, 9. Squat down bending, at your knees and hips only, 10. Keep your back as straight as possible, | | |

11. Engage abdominals and core muscles,
12. Ensure you have a good grip on the lobster trap,
13. Using leg muscles, lift gradually. Do not twist,
14. Lift by bending your legs, not your back,
15. Keep the lobster trap close to you,
16. Rotate body position by shifting your feet. Do not rotate the back,
17. Set the lobster trap down gradually by bending at the knees,
18. Be especially careful when lifting in tight spaces,
19. Be extra careful when lifting above your shoulders,
When passing the lobster trap to someone on a boat or receiving the lobster trap while on the boat:
20. Ensure you are wearing a PFD,
21. Be mindful of how close you are to the edge of the dock,
22. Avoid leaning too far over the side of the dock.