



Captain Safety

BECOME A SAFETY SUPERHERO!



Stanley Steel

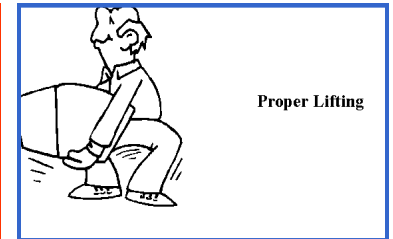
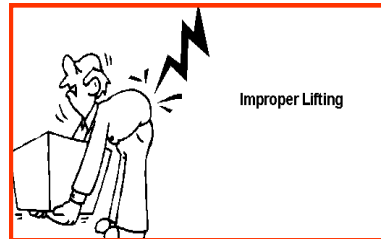
October 2014

10 Tips: Safe Lifting

Housekeeping and janitorial staff are at-risk for a number of common workplace injuries caused by physical exertion from lifting, pushing, or pulling equipment or waste. Protect yourself against these injuries by following these simple tips:

Test the Weight

It is always safer for you to test the weight of your load before lifting it off of the ground. Try pushing the object lightly with your hands or feet to see how easily it moves. This exercise will provide you with information on the weight of the load. If it is too heavy for you, find someone to help or reduce the size of the load.



Don't Judge by the Size

In some cases, such as a 10 gallon waste basket filled with catalogs, size can be deceiving. Do not assume that because it is a small bag or a small box that it will be light enough to carry.

Keep it Slow and Steady

Always lift with a slow and steady force. This will help you avoid muscle strains caused by sudden over-exertion.

Wear the Right Gear

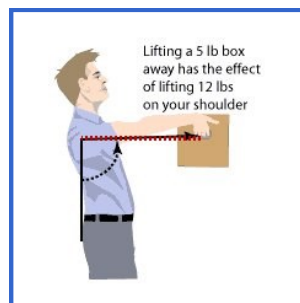
Always wear shoes with good traction for any type of janitorial work. Also, when planning to lift or carry heavier items, wear a good pair of gloves that helps you keep your grip and hold the object more comfortably.

Make use of the Handles, Grips

Always make use of any handles applied to an object. This will help provide an accurate grip and will help moderate the weight for a more balanced load. Do NOT ever bend or twist while lifting an object. If you cannot lift without putting yourself in an awkward position, find help or use a cart.

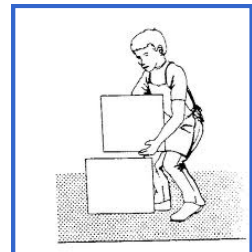
Avoid Standing Too Far Away

Any time that you are lifting a heavy object, try to stand as close to the object as you safely can. Align yourself properly over the load so that your feet are shoulder-width apart.



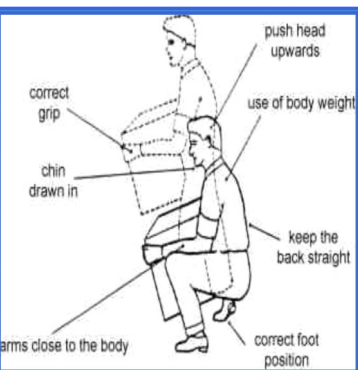
Break it Down

Consider taking your loads over several small trips instead of trying to carry multiple items at once.



Rest when Needed

When carrying a heavy load over a great distance, take as many breaks as you need to get it there safely. If you feel yourself becoming fatigued during the trip, set the load down and rest until you are able to continue.



Use Good Form

The best technique for lifting loads of any size is to keep your back straight, bend your knees to lower yourself to the floor and then grab the load. For heavier loads, try lifting with a full breath and tightening your abdominal muscles for added support.

Plan your Route

When carrying large, heavy, or awkward loads, take a minute to plan your route. Try to avoid traveling over any uneven or slippery surfaces if possible. Take your time and take smooth even steps.

How close are we to \$5,000?

Monthly Hero Awards

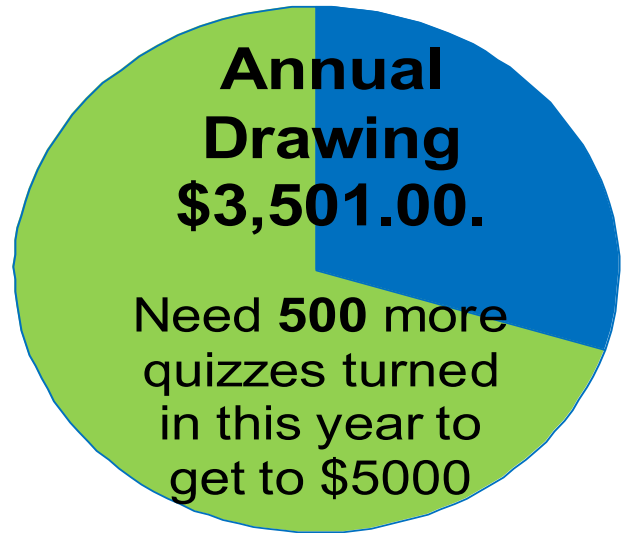
Mark Richardson

Les Austin

Jason Smith

Brendon Penn

Alicia Wright



SAFETY QUIZ

HOW TO SUBMIT SAFETY QUIZZES:

OPTION 1

Complete online by following this link:

[http://essclean.com/page/safety-incentive.](http://essclean.com/page/safety-incentive)

OPTION 2

Bring it into the office or put in our outside drop box.

OPTION 3

Mail it in.

ESS Clean, Inc.

Attention: Stephanie

P.O. Box 17067

Urbana, IL 61803

****DEADLINE****

10/31/14

Name _____ Employee # _____

1. The best technique for lifting loads of any size is to keep your back _____ and bend your _____.
2. True or False: (circle one): You should not use grips or handles to lift loads.
3. If possible when planning your route you should avoid:
 - a) uneven surfaces
 - b) carpeted floors
 - c) tiled floors
 - d) none of the above
4. Always lift with a _____ and _____ force.
5. True or False: (circle one): You should always wear shoes with good traction.
6. Tips for safe lifting include:
 - a) wear the right gear
 - b) avoid standing too far away
 - c) test the weight
 - d) all of the above