Handling Flooring (carpet, linoleum)

Rolls of flooring are often heavy and awkward to handle and most often require team lifting and/or mechanical equipment.

The risk of injury results from:
▪ lifting and carrying excessive weights
▪ knee and back injuries due to continual stretching carpet with a knee kicker
▪ kneeling on hard surfaces for long periods of time

Task	Risk	Control
lifting and carrying excessive weights (carpet, linoleum, underlay)	injury to back	▪ training ▪ equipment (trolley, fork lift) ▪ team lifting
stretching carpet with knee kicker (repetitive, continual)	injury to knee(s) and back	▪ power stretcher for carpet stretching ▪ knee kicker for carpet positioning
kneeling on hard surfaces	injury to knee(s)	▪ knee protection pads
installation (continual hammering)	pain and injury to wrist(s)	▪ vary the task ▪ take frequent breaks

Safe Manual Lifting – Safe Body Mechanics
Safe body mechanics are used in every moving task to eliminate/manage risk of injury:
▪ Keep your body aligned (ears over shoulders; shoulders over hips)
▪ Keep elbows close to your sides
▪ Use a safe and effective grip
▪ Use a stable base; keep feet shoulder width apart and have one foot slightly ahead of the other for balance
▪ Lift by using your strong leg muscles
▪ Keep the load close
▪ Distribute the weight of the load evenly to assist with balancing the load when carrying
▪ Only lift the load when you are sure you can manage it safely – if it is unsafe, stop the task and ask for assistance
▪ Stop as necessary to adjust the load; you may need to safely place the load down first
▪ Do not carry heavy objects on one side of your body
▪ Alternate tasks/take frequent mini-breaks
▪ Use team lifting where appropriate
▪ Communicate what went well, what needs to change to make the task safer

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!