

PROPER LIFTING TECHNIQUES

Preparation before the employee training:

There is a 7-minute lifting video Tire Rack made in 2015

Name: 2015 Warehouse Safety Video located in Team Drive

Located: TEAM DRIVE>HR TRAINING>HR TRAINING MANAGER

Have video ready to play on laptop or TV.

(During COVID may need to do this in groups or by department, using laptop to watch video in warehouse)

Employee Training:

Watch video

Demonstrate lifting procedures for your specific DC's equipment used

Stress the importance of stretching

Important to be to work on time to join in on the stretch session

When arriving late to work should stretch individually prior to starting the workday

Employee can request a back brace if needed in certain working areas

(Manager will send request to HR on behalf of employee in applicable)