

# SAFETY

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MCCTC CBI Program

# What will we be learning today?

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- Housekeeping
- Lifting Heavy Objects
- Hand Tools
- Responsibility

# HOUSEKEEPING

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Good housekeeping reduces hazards and accidents.

- Keep your work area clean.
- A clean work area is a safe work area.
- Clutter, messy areas lead to accidents.
- Put things away when finished with them.
- Clean up spills immediately.

It is up to all of you to  
clean the shop and make  
sure that everything is  
put away before you  
leave for the day.

# How to Lift Heavy Objects

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- Lift with your leg and arm muscles
- Keep your back as straight as possible
- Always carry the load close to your body
- Be sure you have good footing
- Be sure you can see where you are going
- Ask for help when necessary

# HOW TO LIFT HEAVY OBJECTS

1. Place your feet close to the object and 8 to 12 inches apart for good balance.



2. Bend your knees to the degree that is comfortable and get a good handhold. Then using both leg and back muscles...



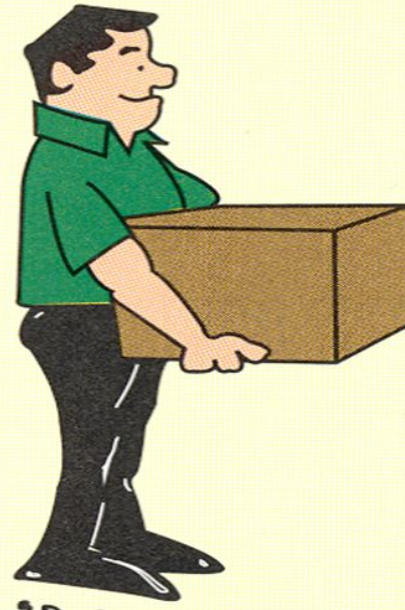
# HOW TO LIFT HEAVY OBJECTS

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3. Lift the load straight up in one motion. Pushing with your legs, keep the load close to your body.



4. Lift the object into carrying position, making no turning or twisting movements until the lift is completed.



# Lifting Heavy Objects

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Remember

Mini Bikes are heavy.

When it is necessary to lift a mini bike  
you must have at least two team members  
to lift it.

**NO EXCEPTIONS!!!**



Let's Practice It

# Safety With Hand Tools

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- Never use a tool for a job that it was not intended
- Carry sharp, pointed tools with points down, never run with them
- If you need help, ask for it.

**No horseplay!**

Who is Responsible for Safety?

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EVERYONE

IS

RESPONSIBLE!

# Review

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- Keep your mind on what you are doing.
- Remember that it only takes one mistake to ruin it for everyone.
- Keep your hands to yourself.
- When using tools, use them correctly.
- Use a teammate to help lift when needed.
- If you cannot follow the rules you will be removed from class.
- Have fun but be safe.

SIGN  
THE  
SAFETY  
PLEDGE