

Safe Lifting Observation Checklist

Date		Observed	
Observer		Location	

Note for observer:

The purpose of this checklist is to provide the observer with guidelines on how to safely observe the process of safe lifting.

1. Introduce yourself and the purpose of your visit to the employee and team lead prior to start the observation.
 - a. Pre-activity also includes understanding of emergency response plan for the site,
 - b. Wear all mandatory personal protective equipment (PPE). (i.e Hard hat, Safety footwear, Hi-Vis Vest, and Safety Eyewear)
2. Stand in a safe location while observing the process and be sure to stay clear of the working area.
3. STOP the observation if you notice a serious unsafe activity during observation.

	Safe	Unsafe	NA
Safe Lifting Observation Checklist			
1. Does the employee have the proper personal protective equipment? (PPE)			
a. CSA Footwear?			
b. Other additional PPE? (e.g Eye Protection, Hardhat)			
2. Has the employee taken the required training or read over the Safe Lifting SOP?			
3. Does the employee have a safe plan in place to lift the current load manually? <i>Employees should use extra caution when lifting controlled products</i>			
4. Did the employee warm up/stretch before lifting the load?			
5. Is the load over 23kg/50lbs? <i>Employees should ask for assistance if required to lift a load that exceeds the industry standard of 23kg/50lbs. (Employees can lift excess of 23kg/50lbs in emergency situations if the proper technique is used)</i>			
6. Is the surrounding work area clear of obstacles that could cause an injury/incident?			
7. Has the employee identified a safe path to carry the load? <i>Identifying a safe path to carry the load will ensure there is not unnecessary strain put on the body</i>			
8. Does the employee understand the proper lifting technique?			
9. Are the proper lifting techniques being used? (Knees bent, lifting with legs, wide-stance, load centered?)			
10. Is the load lowered properly? <i>Employees should keep their knees bent while maintaining the curve their lower back, and slowly slide the load down the body.</i>			

Observer Name: _____

Observer Signature: _____