Ergonomics of Safe Lifting

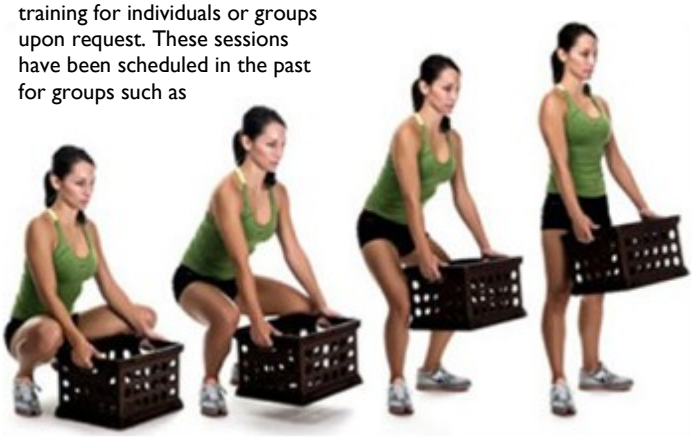
By Peter J. Nowak

THE simple act of bending over to lift a 5 gallon water jug to place on a bubbler in your office can have far reaching issues that most people do not even stop to think about.
Picking up that jug in the wrong way could lead to pain and discomfort that might last a few days or much longer.
Ergonomics incorporates what we do on a daily basis and what effects it might have on our bodies. There are some very obvious jobs where lifting is a regular part of the routine. Construction workers, shippers and receivers, nurses, and janitors all require some lifting. Virtually any job including office work such as the example above could require moving larger objects.

Below are some basic steps when performing a lift that will reduce the risk of jury.

- Stand close to the load, facing the way you intend to move.
- Use a wide stance to gain balance.
- Test weight of load before lifting.
- Ask for help and/or get an assist device if the item is too heavy.
- Get a good grip and lift smoothly.
- Keep load close to the body.
- Bend knees to reach low objects.
- Avoid bending back while lifting.
- Lift slowly
- Never twist your body when lifting, always turn in the direction of the lift.

TEHS can provide safe lifting training for individuals or groups upon request. These sessions have been scheduled in the past for groups such as Dinning Services, Shipping and Receiving, Facilities Services, and Library staff. To request training, please contact our main number at x6-3615.

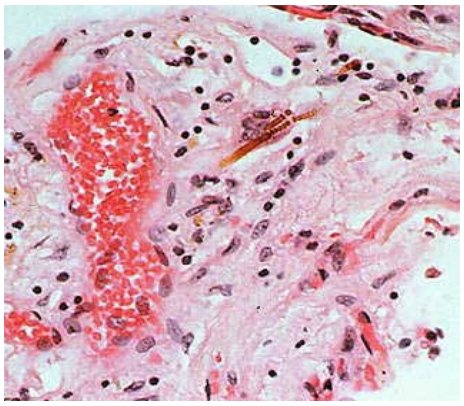


Asbestos Management

By Shaun W. Savage

ASBESTOS is a mineral fiber that was commonly used throughout the 20th Century in building construction materials.
Common asbestos containing materials (ACM) include, but are not limited to, insulation, shingles, floor tiles, and mastics. What was considered a valuable product for most of last century because of its fiber strength and heat resistant properties became a Public Health and Safety problem by the later part of the century due to health concerns. According to the **Agency for Toxic Substances and Disease Registry (ATSDR),** "significant exposure to any type of asbestos will increase the risk of lung cancer, mesothelioma and nonmalignant lung and pleural disorders, including asbestosis, pleural plaques, pleural thickening, and pleural effusions." As a result, many regulatory agencies such as the Environmental Protection Agency (EPA) and the Occupational Safety and Health Administration (OSHA) have promulgated standards for ACM.

ACM is still located in many buildings throughout our communities that pre-date 1980. It is also located in some of the older buildings here at Tufts. However, this does mean that its presence alone presents an immediate risk. ACM posses little-to-no risk if it is intact and non-friable. Common examples include an old floor tile or the mastic underneath the floor tile. Regardless of the material, Tufts takes asbestos management seriously and intends to adhere to the number of standards applicable to asbestos. Areas that pre-date 1980 are evaluated for potentially asbestos containing material (PACM). This material is sampled prior to construction or renovation projects. An area in which ACM is identified and that is damaged or may be disturbed, will be abated by a licensed abatement contractor. This process requires notification to the state, notification to occupants (signs, emails, and meetings), strict controls to prevent exposure, and the retention of disposal records.



For questions or concerns feel free to reference the University's Asbestos Management Plan available on the Tufts Environmental Health and Safety website or contact Tufts Environmental Health and Safety at x6-3615.

Agency for Toxic Substances and Disease Registry. (2008). *Asbestos Health Effects.* Retrieved from http://www.atsdr.cdc.gov/asbestos/

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