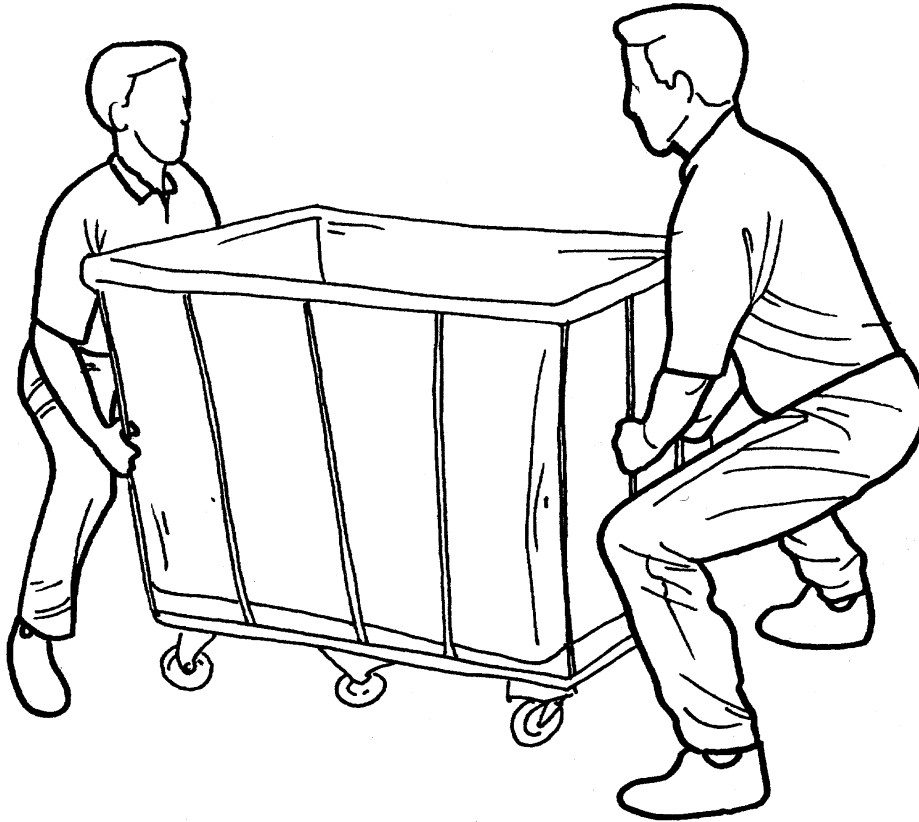




Stacking Hampers, if done improperly, can potentially injure a back.

STACKING HAMPERS

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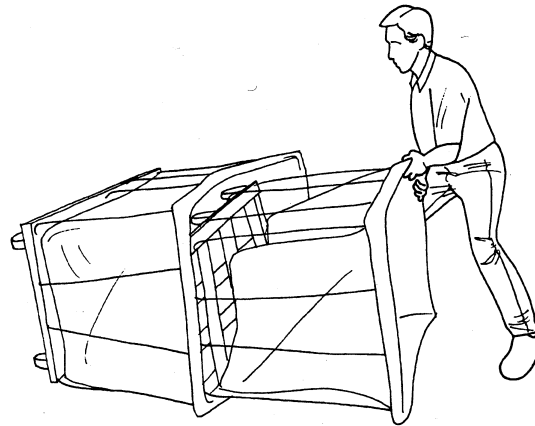
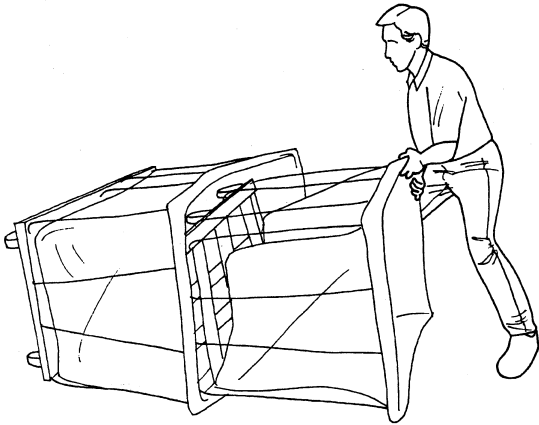


To do a two person lift and stack on a hamper, use the same basic POWERLIFT® as you would on any large load. Remember, that in this case you cannot approach from a 45° angle but rather must stand and face the hamper head on. This won't, however, prevent you from creating a wide stance reaching down and using your legs to lift the hamper rather than your back.

- ▶ Practice stacking hampers with a partner and discuss the advantages of using the POWERLIFT® method for this job.

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An alternate method to lifting the hamper to stack it, is to slide it in from the horizontal. To do this job without bend/twisting requires a wide stance as you maneuver one hamper into another.

- ▶ Encourage everyone in your crew to become responsible for their own well-being. Only you can protect your own back. Don't rely on others to do it for you. Therefore, if you know that lifting a hamper to stack it is beyond your own personal physical capacity, then don't do it. Either get two people to stack the hamper or do it horizontally as in the illustration above.

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Another alternative method of stacking hampers is seen in the illustration above. As usual, we will use a wide stance POWERLIFT® to help us avoid bend/twisting with this job. Approach the sides of the hamper with wide stance and tip the hamper. Very importantly, before you tip, push the hamper to be stacked and butt it up against the base hamper. Also note that these workers are grasping the hamper with one hand at the top and the other hand on the second upright. In this way you will not have to reach as high with your hand as you lift the hamper.

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With the hamper tipped, count to three and swing the base of the hamper up to the lip of the stack. Now, very importantly, let the base of the lifted hamper rest on the lip of the stacked hampers. In this way the only lifting you do is from the floor to the lip of the hamper.



From this point, let the hamper simply drop into the stack. Note that you don't even have to move your feet for this job and that all the lifting is accomplished with the legs.

- ▶ Problem solve with your crew regarding stacking hampers. All workers should be entitled to determine their own best method as long as these two criteria are met: 1) Be responsible for your own well being and 2) Never make this a one person job if it is beyond your capacity. With whatever method you are using, make sure it employs wide stance POWERLIFT® technique.
- ▶ Hampers should not be stacked more than 3 high.

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