

Metalworking involves many activities that can be extremely dangerous from the standpoint of worker injury. There are many causes of injury, but by far the number one cause is lifting, followed by lifting-related activities such as repetitive reaching, bending, stretching, and other physical contortions.

While a great deal of effort and attention has gone into programs designed to help reduce lifting injuries by teaching workers how to lift, back injuries are still the number one cause of lost time and insurance claims.

The right answer to the problem is to completely eliminate lifting, bending and stretching as a regular part of any factory job.

Statistics show approximately 5 million workplace injuries in the U.S. every year. Almost one-third of these are back injuries caused by lifting. These result in direct costs ranging from \$20,000 - \$30,000 per claim, plus the indirect costs of lost productivity and increased insurance premiums. For this reason, the elimination of lifting has become important not only from the standpoint of worker consideration, but also as a cost-saving imperative for industry.

This booklet is designed to show how lifting and lifting-related injuries can be eliminated or reduced through the use of simple and inexpensive mechanical lifting and positioning equipment.

**SOUTHWORTH OFFERS A WIDE RANGE OF PRODUCTS
DESIGNED TO ELIMINATE LIFTING AND LIFTING INJURIES**



Bacsaver Lift
Lift Tables



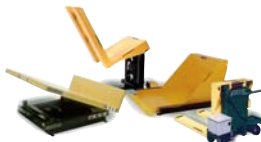
Dandy Lift™
Lifter/Transporter



PalletPal®
Level Loaders



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Handling Products



E-Z Reach™
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Facility Lifts



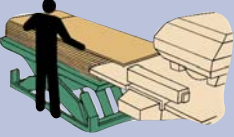






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Southworth Products Corp.
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| OPERATION | TYPICAL PROBLEMS | RECOMMENDATIONS | |
|---|--|---|---|
| Feeding and offloading large sheets at presses and brakes | May involve two or more workers lifting, bending, reaching, or stretching. | Lift tables allow operators to continuously adjust feed height allowing level transfer with no lifting and a minimum of reaching, bending or stretching. Often eliminate need for more than one person. |  |
| Working with parts in wire baskets or totes | Repetitive motion disorder associated with continuous bending, reaching and stretching to access parts at the bottom and for sides of the container. | Tilters/lifting tilters bring the baskets up to the workers level and position parts for comfortable, convenient access. |  |
| Workpiece feeding and offloading | The feeding and offloading of machines is a process which requires continual lifting and positioning workpieces. These activities often develop production-robbing fatigue as well as damage to products or equipment. | With lift tables/self leveling transporters, fatigue and the risk of cumulative trauma are minimized by keeping loads at a comfortable working height. Devices can be self leveling (spring type) or push button hydraulic. |  |
| Turning large sheets | May require two or more workers lifting, bending, reaching, or stretching. | Mechanical turnovers allow an entire stock of sheets to be turned at once by a single operator. |  |
| Moving or positioning heavy metal coils | The use of hoists and slings can be hazardous. In addition to the danger of dropping a load, workers can be injured when moving or orienting the coils for machine loading. | Coils are supported safely from underneath. Power drive simplifies transport and a hydraulic lift unit lifts them safely and easily. |  |
| Handling long workpieces | May require two or more workers, difficult to manipulate and position. | Tandem lift tables allow even longest workpiece to be positioned easily and safely. |  |
| Working on large or high assemblies | Ladders are often unstable. Workers risk falling or dropping a tool or part on people below. They also make getting tools or parts to work areas difficult. | Personnel power lifts provide a stable platform with room for parts, and tools. Safety gates protect workers from the risk of falling. Reaching and stretching is eliminated. |  |
| Transporting materials | Getting loads onto and off of dollies or carts require workers to bend and lift. | Lifters/transporters allow easy transport of heavy loads. Lift mechanism raises loads to bench height or lowers them to the floor. May be equipped with conveyor or ball transfer tops. |  |
| Assembly or working on large products | Walking, bending, reaching, stretching and fatigue. | Lift tables/turntables allow work to be positioned at a comfortable height and rotated to bring the work to the worker without walking. |  |