

Longshore Safety Tip

October 2006-09

AVOIDING PORTER INJURIES



BASIC LIFTING PROCEDURE

- 1. Establish a firm footing.***
- 2. Firmly grip the object to be carried.***
- 3. Bend at the knees & tighten your stomach muscles.***
- 4. Lift with your legs.***
- 5. Keep the load close to your body.***
- 6. Keep your back upright.***
- 7. Do not twist at the waist.***
- 8. Keep the carrying distance to a minimum.***
- 9. Pace yourself.***

NEVER OVERLOAD THE CART

As a Porter, you have the potential to lift over 500 bags per shift. Come to the job prepared, so you can go home without an injury.



**ILWU/PMA
PACIFIC COAST MARINE SAFETY COMMITTEE
DEDICATED TO SAFETY**



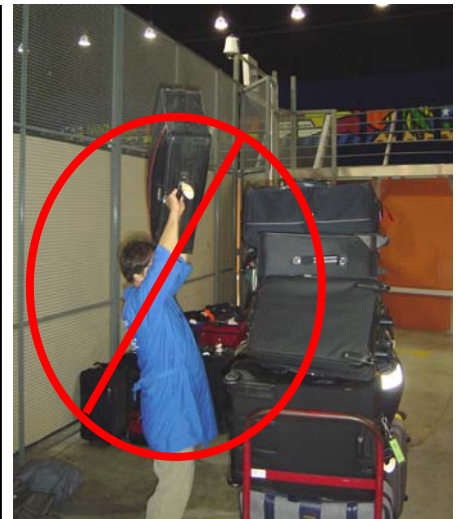
PORTER SAFETY



- *Which bag is the heaviest?*
- *How can you tell by looking?*
- *Never assume that small bags are light in weight!*
- *One wrong move can result in a back injury.*



- *Avoid high stacking.*
- *Load porter carts to such a height that you maintain a clear view over the top of the cart.*
- *Don't strain when pushing or pulling a porter cart.*



- *Remember that the cruise ship passenger is the actual customer.*
- *Use extreme care when operating your porter cart around passengers and traffic.*
- *Ensure that your cart does not roll away from you.*
- *Never leave your cart unattended.*
- *Be mindful of passengers, they often walk into traffic lanes.*

Unlike container or break-bulk operations, you must interact with the customer. Always be courteous and respectful to passengers.