Ergonomic Guidelines: Water Shop

Steps to Remove Manhole Lid:

1. Place hook in the hole and twist the hook
2. Straddle the lid and lift with your legs
3. Walk backwards with the lid
4. Lower the lid to the ground.

Use Manhole Cover Lift System for heavy or large covers
Use Spin Doctor Valve Opener for hard to open valves
Follow Best Practices:

- Participate in stretch and flex every morning and prior to heavy/high risk tasks (e.g. turning valves)
- Use automated equipment, as feasible
- Keep your back straight, lift with your legs and avoid twisting
- Take a 1 – 2 minute microbreak for every 15 minutes of repetitive work or work in awkward postures
- Alternate tasks and sides, as feasible
- Two person team for tough jobs

Safe Lifting Mechanics:

Stand close with your feet shoulder width apart and face the object.

Bend your knees, keep your back straight and look forward.

Lift with your legs.

Keep items close to your body and at waist height.

Exercising Valves:

Use magnetic lid lifter  Adjust pole  Electric Valve Opener  Height adjustable T-Bar

Additional ideas or concerns?
Contact your supervisor or SU EH&S at 723-0448