

**Great Western Painting**  
**Policy Statement**  
**Manual Lifting**

Under no circumstance will employees manually lift more than 50 pounds without the assistance of another person or mechanical device.

Because the physical capabilities of employees are so diverse and, in spite of numerous studies addressing the bio-mechanics of manual lifting, there is no published definitive answer to how much weight can be safely lifted.

Employees are cautioned to be aware that repetitive manual lifting, regardless of weight, can result in adverse health effects.

Failure to comply with this manual lifting policy will result in disciplinary action.

This Policy Statement will be conspicuously posted.

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Patrick Evje  
Safety Director