

Light assembly work may not require heavy lifting, but in many cases, it does involve awkward positions, reaching, bending, stooping, and other repetitious manual functions that can lead to cumulative trauma disorders.

While a great deal of effort and attention has gone into programs designed to help reduce injuries from even light lifting activities, back injuries and other trauma related to lifting and improper work positioning are still the number one cause of lost time and insurance claims.

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

Statistics show approximately 5 million workplace injuries occur in the U.S. every year. Almost one-third of these are back injuries caused by lifting. These injuries result in direct costs ranging from \$20,000 - \$30,000 per claim, plus the indirect costs of lost productivity and increase 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.

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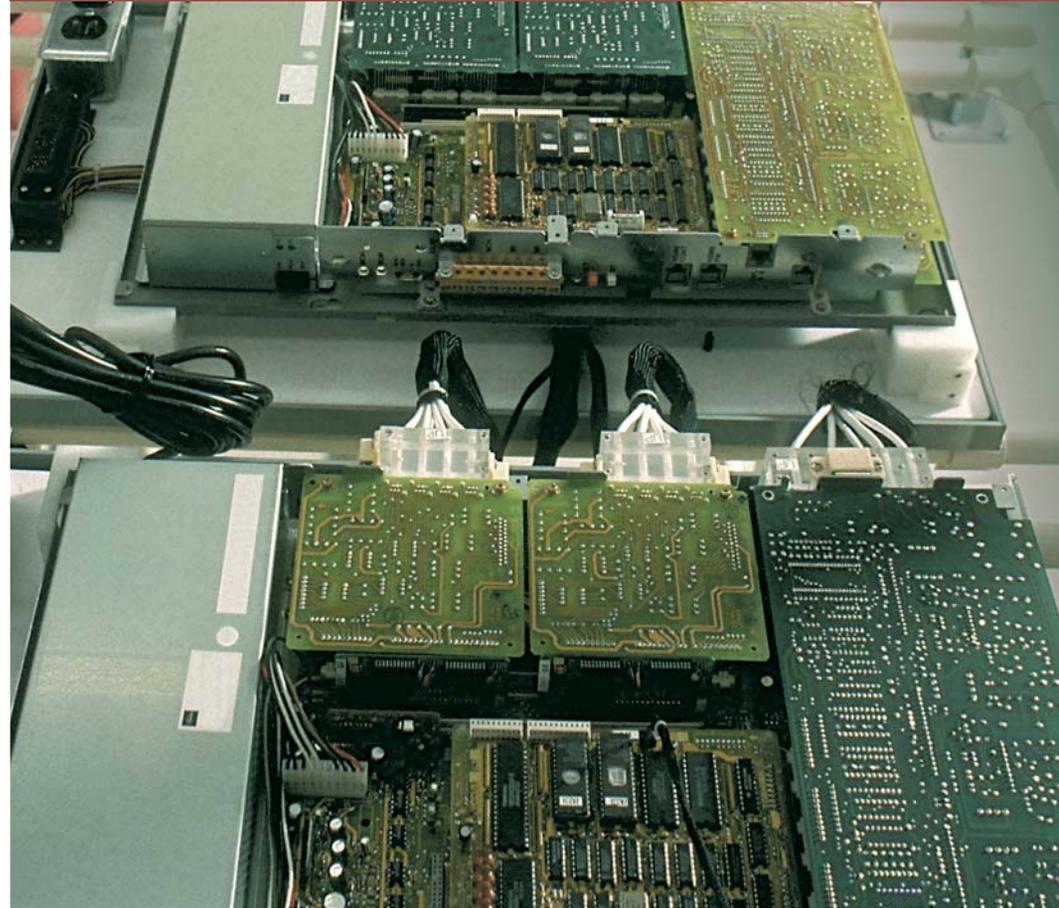


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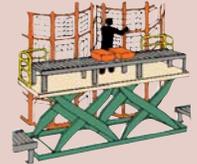


OPERATION**TYPICAL PROBLEMS****RECOMMENDATIONS**

Order picking, kitting and working on large assemblies

It is hazardous to have people up on ladders or climbing up and down from scaffolding or fixed height platforms. The danger of falling or dropping parts or tools on another worker is always present.

Powered personnel lifts take workers to the necessary height and allow them to work both safely and efficiently.



Positioning lightweight work

If the worker has to stoop, squat, bend, or reach, the potential for injury is greatly increased; time is wasted, and fatigue robs productivity.

Lift tables designed specifically for light loads provide an economical means of vertically positioning work for maximum worker comfort, safety, and efficiency.



Working out of parts baskets

Bending, reaching, stretching, and lifting can be serious problems when removing parts from baskets. Since this is usually a repetitive process, the danger of injury increases with time.

By using lifting and tilting equipment, baskets can be positioned so that the worker can remove the parts from the top to the bottom of the basket with minimum effort.



Transporting and working with totes

Working from totes requires continual lifting and carrying. These types of activities often develop production-robbing fatigue and even more serious cumulative trauma disorders.

By using lifter transporters to eliminate manual carrying or lifting, many of these injuries and costly downtime can be avoided.



Multilevel assembling

Workers often bend, stoop, squat, and stretch in order to reach various levels and sides of assemblies. Continuous activities of this type can lead to fatigue, decreased productivity, and possible injury.

Powered mechanical lifting equipment raise and lower workpieces to more comfortable and productive working positions. The addition of a turntable allows workers to have access to all sides without walking.



Moving heavy assemblies easily onto a lift

Hand pallet trucks and dollies often get "hung up" on the lift unless the ramp is very long and the slope is very gradual.

Low profile or zero height lift tables (3" or less) can be used to allow hand trucks and other wheeled or castered equipment to be easily rolled onto the table surface.



Moving materials between different levels

Using inclined conveyor with gentle grade requires a substantial amount of floor space.

A vertical transfer table with a conveyor top allows materials to be conveyed on at one level and off at another, thereby eliminating the need for lifting.



Loading and unloading pallets

The bending, lifting, and reaching required is not only strenuous and fatiguing, it can also result in injury to the back or other parts of the body.

Spring-actuated level loaders automatically adjust in height as the load is progressively added or removed, allowing the operator to work with little or no lifting. Turntables rotate the pallet for near-side loading and unloading.

