

The paper, printing, and publishing industries involve many operations that require lifting and handling of sheets, rolls, and printed materials. Many of these activities pose a danger to workers.

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 the 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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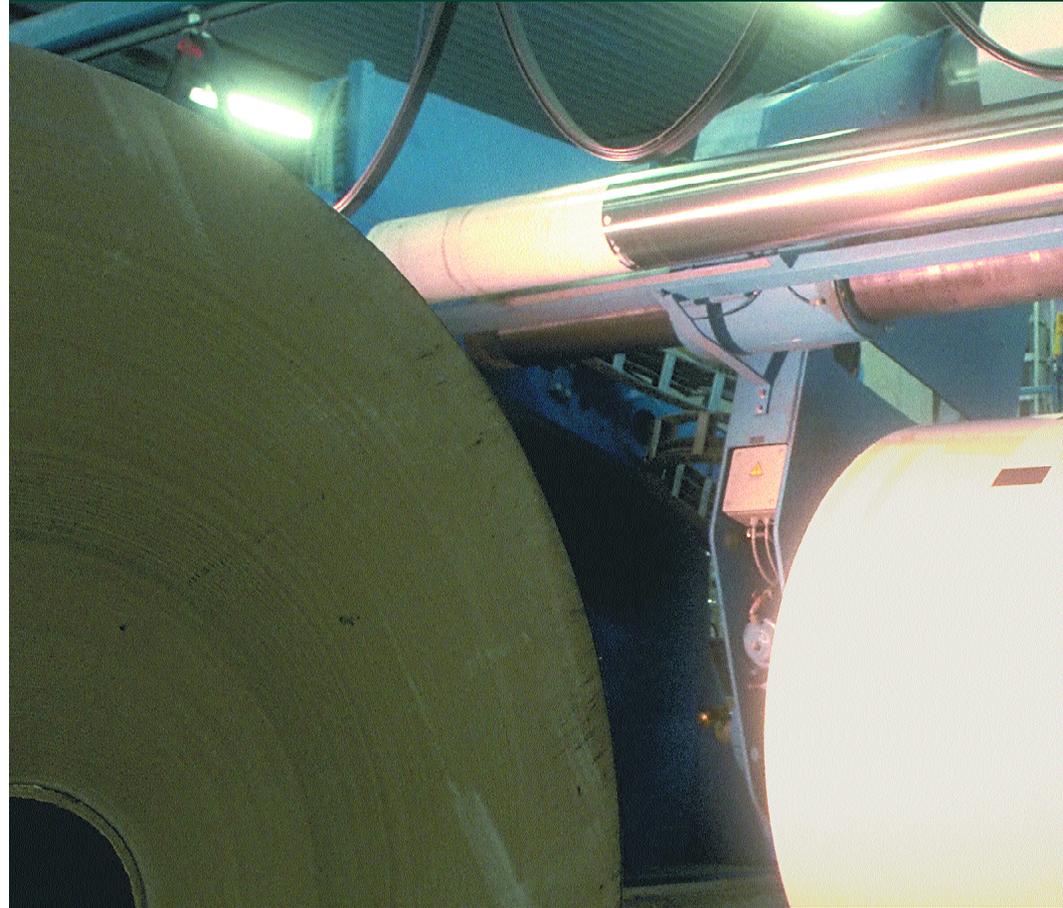


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Paper & Publishing Industries



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

Loading or unloading printed materials and newspaper bundles from 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.

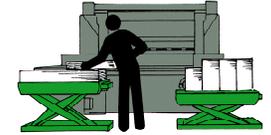
Spring-actuated level loaders automatically adjust in height as the load is added or removed, allowing the operator to load with little or no lifting. Turntables rotate the pallet for near-side loading and unloading.



Feeding and offloading large sheets of paper at presses, trimmers, and other equipment

Bending, reaching and stretching put operators in extremely awkward positions, causing fatigue, and increasing the risk of injury.

Lift tables allow operators to transfer sheets and piles with no manual lifting.



Moving rolls to web-fed presses

Rolls of paper for web-fed presses are both heavy and difficult to handle. Transporting and loading them requires mechanical handling equipment.

Small lifter transporters make the job simple, and their low price makes them economically feasible for even small plants.



Stretch wrapping loads of printed materials

Hand stretch wrapping requires the operator to walk backwards usually while bent over and pulling on the hand wrapper in order to stretch the film for a tight wrap.

Low-cost powered stretch wrappers with almost flat turntables that can be loaded using a hand pallet truck provide a cost-effective and safe alternative to hand wrapping.



Loading and unloading trucks without a loading dock

Unloading trucks from grade level is a time-consuming and sometimes hazardous operation. Because lift trucks or hand pallet trucks cannot get onto the truck bed, loads must often be broken down and carried to conveyors or other handling equipment.

Powered dock lifts bring either fork trucks or pallet jacks to the level of the truck bed. Even where a dock is in existence, dock lifts allow easy loading and unloading of trucks with bed heights that are lower or higher than the dock.



Taking the lifting out of transporting

Whenever flat bed trucks or dollies are used, workers frequently are required to lift material or equipment from the truck to a bench or machine.

Lifting related injuries can be greatly reduced by using lifter/transporters which combine the functions of a wheeled transporter and a lift table. They are available in manual or powered lift models.



Handling large rolls

Transporting large paper rolls from one process to another is dangerous and expensive from the standpoint of material damage.

Rolls can be handled easily and safely using special handling attachments for lift trucks and other devices such as upenders, roll handling lift tables, and roll lowering tables.



Inverting pallet loads

In sheet-fed operations where pallet loads of printed sheets must be inverted, hand turning is tedious and also a cause of worker injury.

Mechanical equipment which can invert an entire pallet load at one time speeds the process and eliminates the danger of injury.



Moving hand trucks easily onto a lift

Where loads are transported by hand trucks and must be lifted and positioned, the use of zero height lifters is recommended.

With an almost zero collapsed height, these lifts can be used to allow hand trucks and other wheeled or castered equipment roll easily onto the lift surface.

