

<i>Hazard Review</i>	
<ul style="list-style-type: none">• Back injury• Musculoskeletal injury or illness	
<i>Related Safe Practices</i>	
<ul style="list-style-type: none">• Forklift Use• Lifting and Body Mechanics	
Prepared by:	H. Stoermer, S. Castile, R. Revel
Approval by:	T. Schwartz, Deputy Manager of Operations J. Bramlett, EHS Program Manager Y. Agunbiade, General Manager
Review by:	EHS Advisory Committee K. Gee, Director Human Resources
Issued:	2/15/07

This Safe Work Practice was developed for “*player’s*” tarps found at Monster Park.

BEFORE

1. Warm up. Gently warming up before lifting helps prevent injury. Perform some other light work activities for about five minutes. Light stretching can be done after you have warmed up your muscles.^{1 2}
2. Bring out the tarp using a forklift or other mechanical means.

DURING

1. Roll out the tarp using your arms and hands to push it.
2. Do not use your foot to roll it out (e.g., kicking)³. You may use your foot to kick the PVC pipe out once the tarp has been unrolled all the way.

AFTER

1. Reverse the above steps to roll up the tarp.

¹ "Adjusting to your workout: Why warming up and cooling down help keep you on the go"; Mayo Clinic. Com, 4/27/06 (<http://www.mayoclinic.com/health/exercise/SM00067>).

² "The Home Stretch"; UC Berkeley Wellness Letter.com, 4/27/06 (<http://www.berkeleywellness.com/html/fw/fwFit02Stretching.html>).

³ RPD Industrial Investigation, EHS Case #3296, DOI 12/8/06

PAGE LEFT INTENTIONALLY BLANK