

## Preventing “Struck By” Related Injuries Involving Falling Objects

- Heavier objects should never be stored in high places. Instead, store objects near waist-level. In addition to encouraging proper lifting techniques, this work practice will reduce the force of impact in the event the object should fall to the floor.
- Never wear open-toed footwear when handling heavy objects.
- Focus on the task!
- When retrieving an object from a shelf or surface, slowly move the item towards you. Do not rush.
- Get a good grip and brace the object. Place one hand underneath the object. Place the other hand around the object - securing it close to the body. Do not place both hands on each side of the object. This may allow the object to slip out of your grasp.
- Remember, there is a potential for the object to fall. When retrieving the object, do not place your feet directly underneath the object. Try to position your feet shoulder-width apart.
- Pivot your feet in the direction of travel before moving in that direction. This will allow you to have a clear line of sight which will reduce the potential for someone or something knocking the object out of your grasp.
- When placing an item on a shelf or surface, ensure the object is resting safely on the surface before removing hands.

Zenith provides workplace safety resources at: **TheZenith.com**<sup>®</sup>