

# SAFE LIFTING TECHNIQUES

When lifting, know your body's limitations and use proper techniques to protect your back from injury.

## Plan the Lift:

- Consider all possibilities. Should I use a material handling device? Do I have a clear path? Do I need to reduce the size or weight of the load? Are there steps, ledges or other obstacles? Will I need to stop for rest?

## Size up the Load:

- Check the load to see that it is stable and balanced. Before lifting an object, test the weight of the object by lifting a corner. If you are unsure of its weight, use a material handling device.

## Establish a base:

- Use a wide stance, with feet about shoulder's width apart, and one foot slightly in front of the other. This staggered position gives you more stability and reduces the risk of falling. With the load close to your body, bend your knees to lift.

## Get a Good Grip:

- Use your whole hands to grip the object, not just your fingers. Use handles, if they are provided.

## Lift Steadily:

- Use your leg strength to lift in a smooth, controlled manner. Keep your stomach muscles tight and your head and shoulders up. Avoid jerking and twisting motions.

## Keep it Close:

- The closer the load is to your body, the less strain on your back.

## Move your Feet:

- Don't twist the trunk; move your feet to turn.

