



S.M.A.R.T. Use a SMART Approach

S.M.A.R.T. methods are designed to protect you from painful back and joint injury

Size up the load

- Assess the size, weight and shape. Remove obstacles such as loose wrapping materials
- Assess whether the load actually needs to be moved
- Where is the load going to be placed? Remove obstacles in your path
- Determine whether mechanical or assistance from a co-worker is required

Move the load as close to your body as possible

- Stay close throughout the lift
- The whole hand should be used to ensure a firm grip

Always bend your knees

- Maintain balance
- Keep feet apart and in a comfortable position
- Minimize bending at the waist
- Bend your knees in a semi-squat



Raise the load with your legs

- Lift smoothly, without jerking
- Maintain the normal curve of your spine throughout the lift
- Tighten the abdominal muscles and exhale while lifting

Turn your feet in the direction that you want to move the load

- Avoid unnecessary bending, twisting and reaching
- Change the direction by turning your feet and not your back
- To set down a load, squat down and keep your head up. Let your legs do the work!