

Four Steps to Proper Lifting

1. Sizing up the load

- Use an assist if necessary
- Get help
- Use gloves
- Clear the path

2. Lift

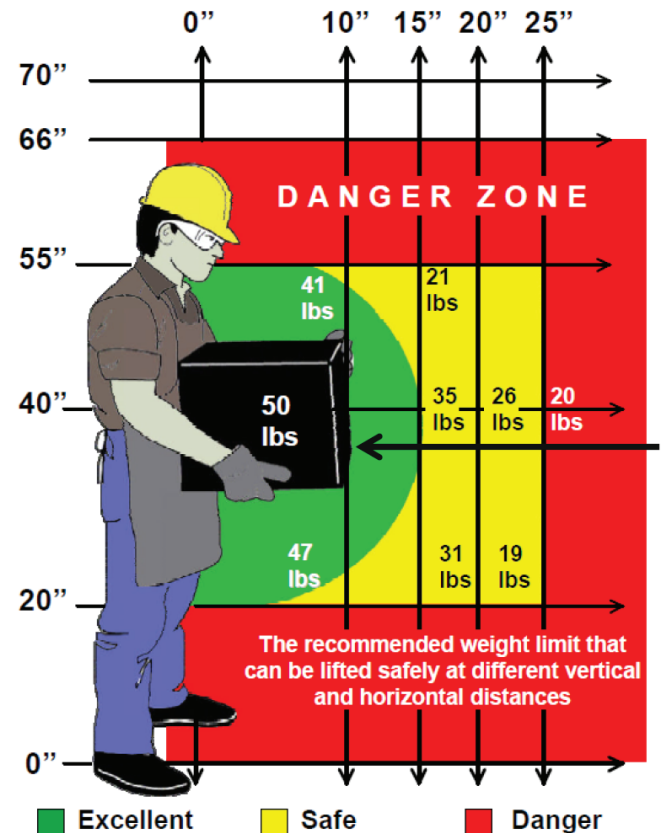
- Keep the load as close to your body as possible
- Lift with your legs
- Keep your back straight, head up, and bend at your hips

3. Move

- Hug the load close to your body
- Don't twist - move your entire body in that direction

4. Get set and lower

- Use your legs to lower the load
- Keep your fingers and toes clear from the load



Lifting Do's and Don't's

DO

- Know or test the object weight.
- Use ergonomic lift assists when possible.
- Plan the lift and clear your path.
- Get help for heavy or awkward loads.
- Keep the object in the power zone.
- Use a wide stance for balance.
- Use your legs to lift.
- Pivot your feet to avoid twisting.

DON'T

- Hold your breath.
- Bend or twist at the waist.
- Use a partial grip (1-2 fingers).
- Obstruct your vision when carrying.
- Jerk or lift quickly.
- Pinch your fingers or toes.
- Pull a load if you can push it.
- Forget to wear proper PPE.