

Proper LIFTING Technique

Source: EHS DAILY ADVISOR

- 1 **MAKE SURE YOUR PATH IS CLEAR TO CARRY THE OBJECT.**
- 2 **STAND CLOSE TO THE OBJECT, WITH YOUR FEET SHOULDER-WIDTH APART.**
- 3 **BEND AT THE KNEES, NOT AT THE WAIST, AND TRY TO MAINTAIN YOUR BODY'S NATURAL CURVE THROUGHOUT THE LIFT.**
- 4 **PULL THE OBJECT CLOSE TO YOU, AND GRIP IT FIRMLY.**
- 5 **TIGHTEN YOUR STOMACH TO ACT AS A BACK SUPPORT, AND POWER THE LIFT WITH YOUR LEGS RATHER THAN WITH YOUR BACK.**

- 6 **KEEP THE OBJECT CLOSE TO YOUR BODY, AND DON'T TWIST OR LEAN WHILE CARRYING THE OBJECT.**
- 7 **TAKE SMALL STEPS, AND MAKE SURE YOUR FOOTING IS STABLE.**
- 8 **TO UNLOAD AN OBJECT, SQUAT AND BEND YOUR KNEES WHILE KEEPING YOUR BACK STRAIGHT.**
- 9 **KEEP YOUR FINGERS AWAY FROM THE BOTTOM AND SIDES OF THE OBJECT SO THEY DON'T GET PINCHED OR CRUSHED AS YOU LAY IT DOWN.**



SAFE HANDLING OF HEAVY ITEMS



THINK
SAFETY
STARTS
WITH YOU

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