



LIFT THE RIGHT WAY EVERY TIME

Proper lifting starts before you even move the load.
Take a moment to position yourself and get set.



SLOW DOWN. SET UP. LIFT WITH CONTROL.



LIFT SMART – NOT HARD



**GET CLOSE
TO THE LOAD**

Position yourself
close and stable.



**BEND YOUR
KNEES**

Use your legs,
not your back.



**KEEP YOUR
BACK STRAIGHT**

Keep your back
straight and tall.



**LIFT WITH
YOUR LEGS**

Power from your
legs, not your back.



**KEEP THE LOAD
CLOSE**

Hold the load close
to your body.



AVOID TWISTING

Turn with your feet,
not your waist.

GOOD FORM MAKES EVERY LIFT EASIER.



PROPER LIFTING IS PART OF EVERY JOB

Stay focused. Take your time.

DO IT RIGHT—EVERY LIFT, EVERY TIME.

