

Lifting Basics

Safe lifting can save you from serious injury.

Think Before You Lift

? Do you have firm footing and a clear path?
? Is it safe to lift it alone?

Ask a coworker for help or get mechanical help if a load is heavy or awkward.

Lifting the Load:



1. Tuck your pelvis

...by tightening your stomach muscles, to keep your back aligned. Keep your feet shoulder-width apart.



2. Bend your knees

...to let your legs do the lifting. Be sure to maintain the natural curve of your back.



3. Hug the load

...to keep under it as much as possible. Be sure to grasp the load at opposite corners.



4. Avoid twisting

...by pointing your feet, knees and chest in the same direction. Lift the object and then turn your whole body.

Putting It Down: Use the same technique in reverse.

LIFTING & MOVING MATERIAL