

Safe Lifting Techniques

1. Stand close to the load and center yourself over it with your feet shoulder width apart.
2. Tighten your abdominal muscles.
3. Keeping your back straight, bend your knees and squat down to the floor.
4. Get a good grasp on the load with both hands.
5. Keeping the load close to your body use your leg muscles to stand up lifting the load off the floor.
6. Your back should remain straight throughout lifting, using only the muscles in the legs to lift the load.
7. Do not twist your body when moving the load. Instead take small steps with your feet turning until you are in the correct position.
8. Again bend at the knees using only your leg muscles and place the load in the appropriate spot.

