



SAFE LIFTING TECHNIQUE

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1. Assess the load.
2. Stand with feet shoulder width apart.
3. Bend with the knees, keeping the natural curves of the back in alignment.
4. Grip the object, pulling it in close to the body.
5. Tighten stomach muscles.
6. Keeping the back in alignment, lift with the legs in a slow, smooth motion while exhaling.
7. While carrying the load, keep it close to the body and do not twist or bend at the waist.
8. Do not reach or lift object over shoulder height – use a step stool.
9. Put the object down the same way in which it was picked up.
10. Rest between lifts.



CORRECT – Using Step Stool



INCORRECT – Not Using Step Stool