



SAFE LIFTING TECHNIQUE

Prepared by Chief Executive Office, Risk Management Branch
Loss Control and Prevention Section
3333 Wilshire Blvd., Suite 1000, Los Angeles, CA 90010
Call (213) 738-2269 for additional information



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

