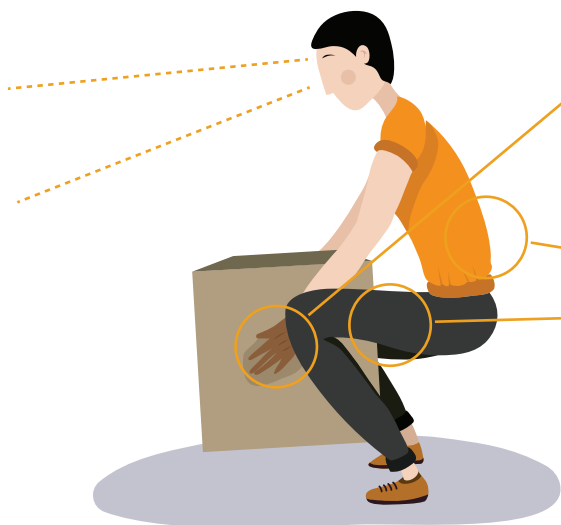


Four Steps to Proper Lifting

Before lifting any object, it is important to follow these steps to ensure your safety.

Sizing up the load

- Use an assist if necessary.
- Get help if unsure of your ability to lift safely.
- Use gloves, they can help!
- Make sure the path is clear.



Lift

- Keep the load as close to your body as possible.
- Lift with your legs.
- Keep your back straight, head up and bend at your hips.

Move

- Hug the load close to your body.
- Don't twist - move your entire body in that direction.



Get set and lower

- Use your legs to lower the load.
- Keep your fingers and toes clear from the load.



DO

- Know or test the object weight.
- Use ergonomic lift assists when possible.
- Plan the lift and clear your path.
- Get help for heavy or awkward loads.
- Keep the object in the power zone.
- Use a wide stance for balance.
- Use your legs to lift.
- Pivot your feet to avoid twisting.



DON'T

- Hold your breath.
- Bend or twist at the waist.
- Use a partial grip (1-2 fingers).
- Obstruct your vision when carrying.
- Jerk or lift quickly.
- Pinch your fingers or toes.
- Pull a load if you can push it.
- Forget to wear proper PPE.