

Proper Lifting

Before you lift

- Obtain help or equipment to lift or move large bulky objects and heavy objects
- Clear the path before lifting
- Wear gloves when lifting wood, metal, or other materials with splinters or sharp edges

When you lift

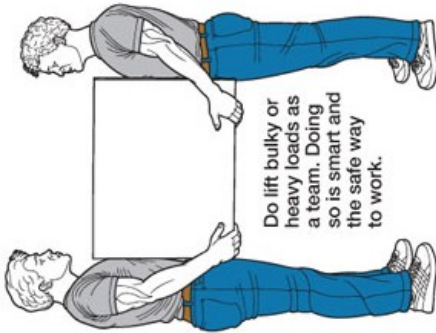
- Spread your feet shoulder-width apart
- Bend your knees
- Look up and forward before you lift
- Grip the object while protecting your fingers
- Tighten your stomach muscles
- Lift with your legs
- When lifting with a partner, use voice signals to lift together
- Keep the load close to you
- Keep your back upright with natural curves
- Don't twist with the load, move your feet with your back straight
- Don't lift objects or people while on your skis
- Don't hurry

Lifting With Mechanical Devices

- Don't operate equipment until properly trained
- Know your load (shape, size, weight, center of gravity)
- Know your equipment (lifting capacity, brakes, emergency procedures and operating controls)
- Don't exceed your equipment's capabilities
- When in doubt, err on the side of safety
- Don't hurry

LIFTING DO'S & DON'TS

DO LIFT AS A TEAM



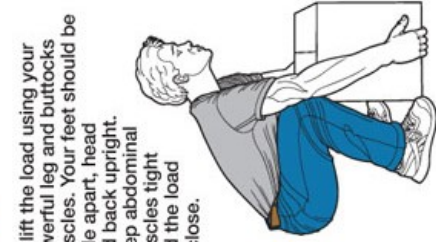
Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.

DO TURN WITH LEGS



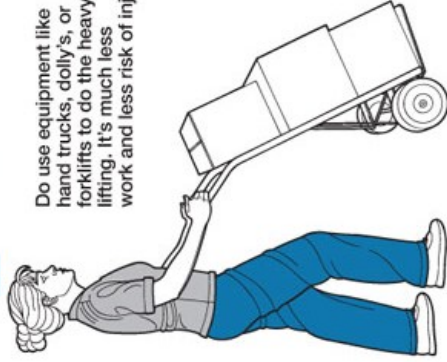
Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

DO USE YOUR LEGS



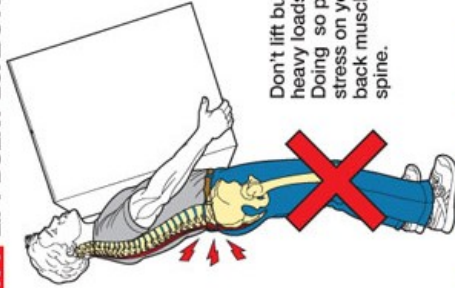
Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.

DO USE EQUIPMENT



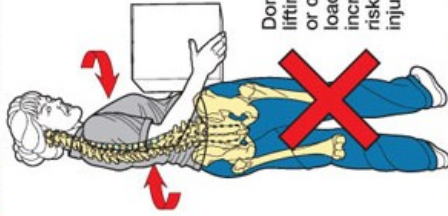
Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.

DON'T LIFT BULKY LOADS ALONE



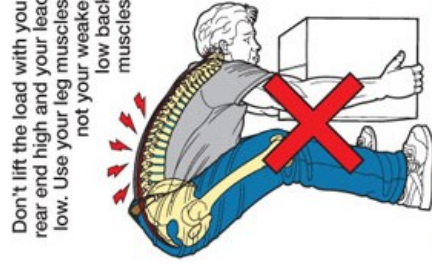
Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.

DON'T TWIST WHEN LIFTING



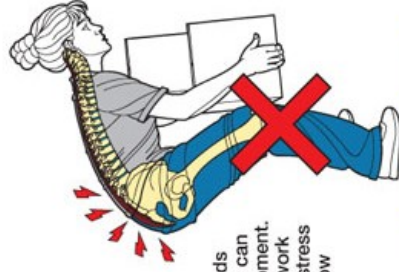
Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.

DON'T USE YOUR BACK



Don't lift the load with your rear end high and your lead low. Use your leg muscles, not your weaker low back muscles.

DON'T LIFT HEAVY LOADS



Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.