Lifting Techniques

Prevent injuries with proper lifting.

- Keep your feet shoulder width apart.
- Do not twist or lift with your back.
- Use gloves that help your hands grip the load.
- Identify trip and slip hazards before lifting.
- Break down the load into manageable sizes.
- Team lift heavy loads.
- Use equipment to move objects.

For more information:

[www.worksafecenter.com](http://www.worksafecenter.com)  1.888.499.SAFE (7233)