






Safe Lifting Techniques




Stand close to package with feet spread shoulder width apart and one foot slightly in front of the other for balance.




Squat down, bending at the knees (not your waist). Tuck your chin and keep your back as vertical as possible.



Get a firm grasp on the object before beginning the lift.



Lift with your LEGS, by straightening them.



After lifting, keep the package as close to the body as possible

Do not attempt to lift beyond your strength capacity



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ERGONOMIC LIFTING TIPS AND ADVICES



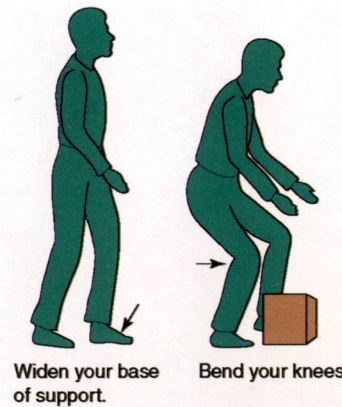
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Ergonomic lifting tips and advices

1. Get as close to the object as possible.
2. Bend your hips and knees to squat down to your load.
3. Grasp the object firmly with both hands.
4. Prepare for the lift, tighten your core muscles and look forward and upward while keeping your back straight.
5. Lift slowly and follow your head and shoulders.
6. Lift by extending your legs and keep the load close to your body

Do's & Don'ts while lifting and carrying: Do's:

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



DON'T...

- Don't hold your breath.
- No bending or twisting at the waist.
- Don't use a partial grip (1-2 fingers).
- Don't obstruct your vision when carrying.
- Don't jerk or lift quickly.
- Don't pull a load if you can push it.
- Do not lift a heavy object above shoulder level.

