

Avoid Hazards to Your Back



Poor Lifting Posture

- Always lift with legs and not with your back.
- Maintain load close to your body in the power zone.
- Maintain your back in a straight position.



Overexertion

- Get assistance when lifting heavy or awkward objects.
- Use mechanical lift device- dolly, forklift, cart, or hoist.
- Limit the load- lighten the load and make more trips.



Avoid Twisting

- Change direction with your feet and turn whole body.

Limit Bending and Overreaching

- Place frequently used or heavier objects at waist level.
- Do not lift over your head.



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