

Basic Lifting Practices

Before lifting stand close to the load and get a firm grip.

Always maintain the load close to your body.

Maintain your back in a straight position when lifting and lower loads.

Use **YOUR LEGS** to smoothly and slowly lift and lower loads.

Never carry a load that obstructs your view.

NEVER twist your body. Move your feet first to change direction.

Avoid lift over your head or an obstacle when moving an object.

