



SAFE LIFTING TECHNIQUES ▼

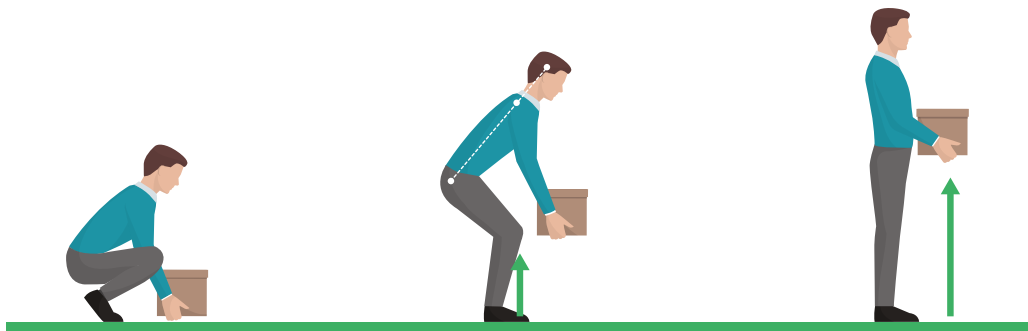
Even when performed correctly, lifting strains the back. Whenever possible, use equipment such as hoists and carts to minimize the need for manual lifting. Always use proper lifting procedures to help avoid back aches and injuries.

Keep the following in mind:

- First test the load to help determine its weight.
- Check the area to make sure the path you will be traveling is clear.
- Get help if the load is too heavy or awkward. In this workplace, the maximum amount of weight that anyone should lift alone is _____.
- Lift with your legs, not your back.
- Avoid stretching, reaching or twisting while carrying any item.
- Carry items at waist level, close to the body.

To lift items:

1. With your feet shoulder-width apart, use your knees to squat near the item. Keep your back straight and tuck your chin.
2. Grasp the item firmly, then begin straightening your legs to lift the item. Avoid twisting your body. Keep your back straight.
3. When you have reached a standing position, untuck your chin and keep the item close to your body to help maintain your center of gravity and reduce strain on your spine. If you must turn while carrying an item, use your feet rather than your torso.



Discussion Date: _____

Employee Participants:

Continue employee participants on back if needed ►

OUR SITE SPECIFIC REQUIREMENTS/PROCEDURES ▼

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