



Safe Lifting Prevents Back Injury

Before you lift:

- Lift a corner of the load to decide if you can safely lift and carry it.
- If in doubt, use a dolly, hand truck, or forklift—or get help.
- Plan a straight, flat route; remove anything in your way.
- Loosen muscles with gentle bends and stretches.
- Wear gloves and sturdy shoes with nonskid soles.
- Avoid loose clothing you could trip over.

When you lift:

- Stand close to the load.
- Squat, with knees bent and back straight.
- Grip firmly.
- Bring the load close to your body.
- Push up slowly with your legs.

When you carry:

- Carry the load waist high.
- Take small steps.
- Move your feet to change direction. Don't twist.

When you unload:

- Lower the load slowly, knees bent.
- Place the load on the edge of the surface and slide it back.

