

STAY SAFE WITH SOCIETY

LIFTING SAFETY

"Bend your knees, not your back."

"Don't twist as you lift."

Most of us have heard these nuggets before. It's good advice, but it seems to go against human nature and common behavior. Here are actions you can take to help you lift properly:

- Get as close to the load as possible. The further the load is from the center line of your body, the greater the strain on your back.
- Avoid picking up heavy objects placed below your knees. Try to store heavier objects above knee level, but below shoulder level.
- Keep your back straight. Don't bend at the waist when lifting an object.
- Ensure that your travel path is clear. Clear away obstacles before you begin to lift and move.
- Tighten your stomach muscles. This will help keep your spine from twisting.
- Stay in good physical condition. A protruding stomach is an extra load to carry, and adds strain to your lower back.
- Stretch and loosen up before work. A few minutes of stretching can warm up cold muscles.

Checklist:

- Do you place your feet close to the load, about 8-12 inches apart?
- Do you bend your knees to lift the load?
- Do you keep the load close to your body?
- Do you pivot instead of using twisting movements?



**GET AS CLOSE TO THE
LOAD AS POSSIBLE AND
BEND YOUR KNEES, NOT
YOUR BACK.**

A Small Detail
That Can Make a
Big Difference.

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