



Lifting Do's and Don'ts

DO'S

- Always size up the load (without lifting it).
- Get help for heavy or bulky objects. Inspect your path of travel.
- Be aware of stairs, tripping or slipping hazards.
- Check for sharp edges.
- Wipe off loads that are wet or slippery.
- Lift with your legs, not your back.
- Squat down close to the load; keep your back straight; lift slowly with leg power.
- Use material handling equipment whenever possible. When properly used, it can save manual effort.

DON'TS

- Never lift more than you can easily handle.
- Never lift with a rounded back and straight legs.
- Avoid twisting your body when lifting or carrying.
- Never lift from an unbalanced position. This means no lifting from one knee or reaching over another object to lift.

Remember, a small size does not always mean a light load.

WHAT'S THE BEST WAY TO PICK UP AN OBJECT?

- Use slow and smooth movements. Hurried and jerked movements can strain the muscles in your back.
- Keep your body facing the object while you lift it. Twisting while lifting can hurt your back.
- Keep the load close to your body. Having to reach out to lift and carry an object may hurt your back.
- "Lifting with your legs" should be done only when you can straddle the load. To lift with your legs, bend your knees, not your back, to pick up the load. Keep your back straight.
- Carry the load in the space between your shoulder and your waist. This puts less strain on your back muscles



