

Safe Lifting

Use Your Head and Save Your Back!



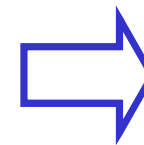
*Means
using
your
head!*



•**STAND**
close to
the load



•**Bend**
your
knees -
not
your
back!



•**Let**
your
legs do
the
lifting



Get Help
with
heavy or
awkward
loads!



Use
the
right
tools!

Safe Lifting

Carrying the load...



- **Hold the load close so you can see over it.**
- **Keep the load balanced.**
- **Avoid twisting the body.**
- **Watch out for pinch points -- doorways, etc.**
- **Face the way you will be moving.**
- **Ask for help if needed!!!**