

Safe Lifting



- **Have a plan!**
 - **Assess the weight**
 - **Make sure you can grip**
 - **Know where you are going**
 - **Be aware of potential obstacles**
- **Face the object**
- **USE YOUR LEGS, NOT YOUR BACK**
 - **One knee on the floor is fine to start**
 - **Keep your back straight**
 - **Same with setting the object down**
- **Hold the object close to you and around your waist**
 - **Avoid lifting or carrying above your shoulders**
 - **Turn your whole body, not just your torso**
 - **Use tools**
 - **Step ladder for higher places**
 - **Cart or hand truck for distances**
 - **ASK FOR HELP!**
 - **There is no shame in asking for assistance.**