Proper Lifting Technique

— of beauty function -

Lift safely and avoid injury!



Size Up the load. never lift a load greater than 50 pounds alone. If it is too large or heavy, get help.

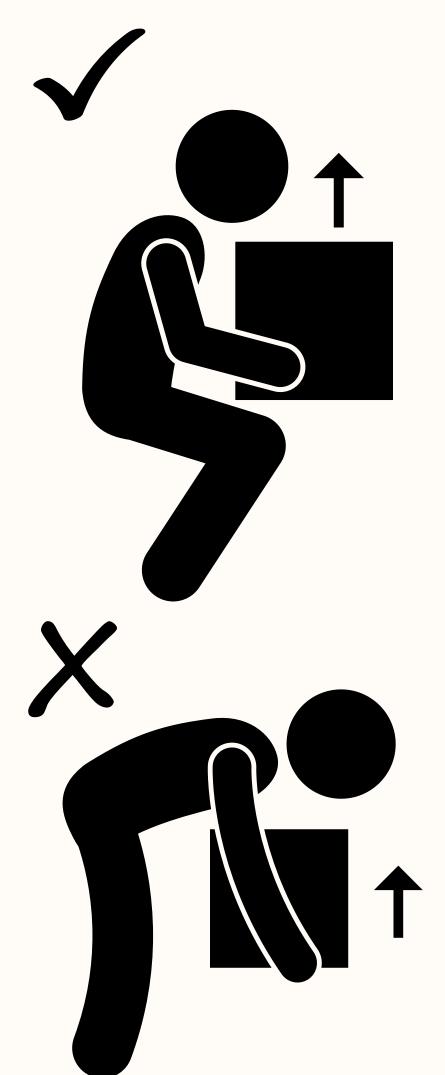


Secure your footing and center yourself to the load.



Begin to lift. Bend Your Knees and squat. NEVER bend at the waist when lifting.

Lift The Load. Push UP with your legs, tightening your abdominals. Keep the load close and breathe steadily.







Carry the load. If changing direction, do not twist the body, instead, lead with your hips and feet.



Lower the load. Begin by bending your knees with the load at a waist-high position. Keep your back natural, lowering the load with the leg and arm muscles.

SAFETY STARTS WITH YOU! EHS DEPARTMENT