

Proper Lifting Technique

function — of beauty

Lift safely and avoid injury!

1

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

2

Secure your footing and center yourself to the load.

3

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

4

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

5

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

6

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