



PROPER LIFTING TECHNIQUES

1. Inspect object for sharp edges, splinters and other hazards.
2. Do not over reach, slide object towards you before attempting to lift.
3. Squat down, use your legs as much as possible and bend at your knees.
4. Watch your footing and grab object in a balanced position, keep load close to the body.
5. Let your leg muscles do the work
6. Size up the load; ask for help, if needed
7. User equipment when possible to move load.