



Safety First

Safe Lifting Techniques:

- When lifting at shoulder level avoid extending your arms out and pulling objects to you; maneuver your body as close to the object as possible. Grasp the object firmly and hold it close to your body, then lift.
- When lifting at floor level, use your legs and knees like an evaluator; avoid bending over like a crane. Maneuver your body as close to the object as possible, crouch down and grasp the object firmly holding it close to your body, then lift with your legs.
- When carrying objects grasp the object firmly holding it close to your body; keep your back straight and your elbows tucked in. Make sure you can see where you are going.
- When placing objects down, never twist your body; always step towards where you will be placing the object. If placing an object down at floor level, once again use your legs and knees like an evaluator; do not bend over like a crane.

When utilizing these simple lifting techniques, you'll find yourself lifting more safely and easily.