



Safety First

Lifting Bags Safely – Heavy bags can sometimes be awkward to handle, which increases the risk of injury. Here are some manual handling techniques that will help you prevent back injuries while lifting heavy bags:

- Assume the safe lifting position (squat by bending at the hips and knees, feet shoulder-width apart; maintain the back's natural curves; and let the legs do the lifting).
- Firmly grasp the bag at opposite top and bottom corners.
- Power your body up with legs and use arms to raise the bag to rest on your hip.
- Do not twist your body while carrying heavy bags; use your feet.

Back injuries caused by incorrect manual handling techniques are one of the most frequent causes of workers compensation claims. Once injured, backs are more susceptible to re-injury.