



SAFETY FIRST

Lifting Objects Down from Overhead - Lifting objects down is a special lifting situation. Always follow these safe lifting techniques when lifting objects down from a high surface, such as a shelf:

- Store materials that are frequently used on shelving units no higher than shoulder height.
- If the object is higher than head level, always use a ladder or step stool to reach the object.
- Position yourself so that the object to be lifted is directly in front of you.
- Move close to the shelf, place one leg in front of the other, and shift your weight slightly to your front leg.
- Reach up and firmly grasp the object in both hands while keeping your back straight.
- Slowly lift the object off of shelf as you shift equal weight back onto both feet.
- Slide the load close to your body, being sure to keep a solid footing and a firm grasp.
- Carefully lower the object down to your chest.
- Avoid asymmetric lifting (twisting); let your arms and legs do the work.
- Have a coworker standing below to receive the object if necessary.