



Safety First

Safe Lifting Techniques – In many workplaces almost every employee engages in lifting at some point during the workday. Here are three tips for Safer Lifting:

- Maintain good lifting posture. Keep your back straight and strong at all times. Do not bend over or twist your back.
- If you lose grip on an object, let it fall. A little damage to a box, container, or other item is nothing compared to a back injury. Attempting to make a quick adjustment in order to hold onto or catch a slipping or falling object will likely result in some type of back injury.
- Before doing work that requires a lot of lifting, spend a couple of minutes stretching back, legs, and arms. Stretching at the start of each workday will also be a good idea and will improve your back's strength and flexibility.