

FOUR STEPS TO PROPER LIFTING

1. SIZE UP THE LOAD

- Use a hand truck if possible.
- Get help if you need it.
- Check for splinters, nails, exposed staples.
- Use gloves if necessary.
- Make sure you have a clear path to where you are moving it to.



2. LIFT

- Bring the load as close to you as possible before lifting.
- Lift with your legs, not your back.
- Keep your head up, your back straight and bend at your hips.



3. MOVE

- Keep the load close to your body.
- Look where you are going.
- Shift your feet to turn, don't twist your body.



4. GET SET AND LOWER

- When setting a load down, let your leg muscles carry it down.
- Make certain your fingers and toes are clear before setting the load down.

