

# Lifting Basics

*Safe lifting can save you from serious injury.*

## Think Before You Lift

? Do you have firm footing and a clear path?  
? Is it safe to lift it alone?

*Ask a coworker for help or get mechanical help if a load is heavy or awkward.*

## Lifting the Load:



### 1. Tuck your pelvis

...by tightening your stomach muscles, to keep your back aligned. Keep your feet shoulder-width apart.



### 2. Bend your knees

...to let your legs do the lifting. Be sure to maintain the natural curve of your back.



### 3. Hug the load

...to keep under it as much as possible. Be sure to grasp the load at opposite corners.



### 4. Avoid twisting

...by pointing your feet, knees and chest in the same direction. Lift the object and then turn your whole body.

**Putting It Down:** Use the same technique in reverse.

**LIFTING & MOVING MATERIAL**