

RISK REMINDER

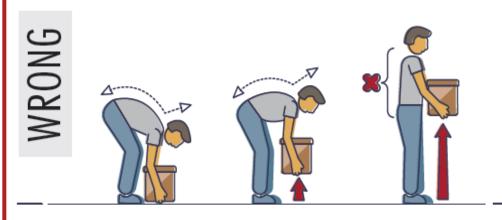
Proper Lifting Technique

Incorrect lifting technique is one of the leading causes of workplace injuries. Improper lifting places undue stress on the lower back. By bending the knees and keeping the back straight, the load is <u>distributed</u> more evenly, reducing the strain on the spine.

Practice Proper Lifting







- Face the object
- Tuck your pelvis
- Bend straight down using your knees
- Place both hands under the object
- Hold the object close
- Lift with your legs,
 stand straight up

AVOID TWISTING OR TURNING