**THINK Before You Lift**

Do you have a 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 order.

For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7