



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

DON'T LET LIFTING BECOME A STRAIN

1. Plan the lift

- Consider the weight, shape and position of what you will lift
- Determine if you'll need assistance, either human or mechanical

2. Decide on the route you'll take with the object

- Check the route for obstacles, clearance and condition
- Check site where you will set load down, looking for potential problems you'll have to deal with

3. Position yourself correctly

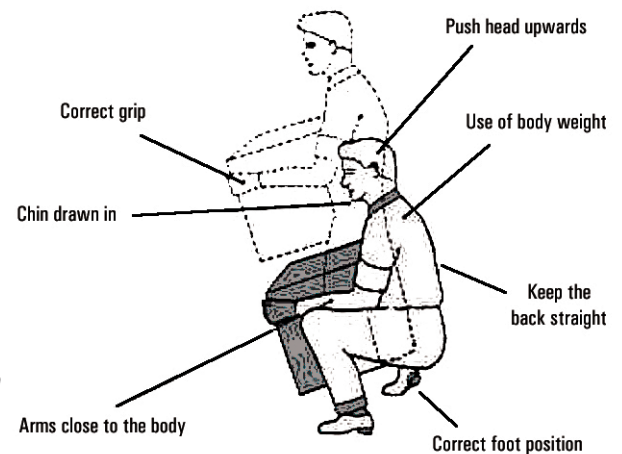
- Get as close as you can to the load
- Place your feet shoulder width apart
- Bend your knees
- Do not bend at your waist

4. Lift Correctly

- Let your legs do the work
- Don't twist your body. Move your feet
- Make sure you can see over the load so you can walk safely

5. Set the load down properly

- Bend your knees
- Put the load down and push it towards the back, don't lean over to reach back shelf
- Be careful to avoid setting load down on your fingers



For more information, contact your Loss Control Consultant at (888) 562-7861

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