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 (800) 252-5059, ext. 1387 or 1384.

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