LIFTING AWKWARD LOADS

When the standard safe lift—bending your knees, hugging the load, letting the legs do the work—can’t be used, follow these guidelines.

OVERHEAD LOADS

- Use a stool or ladder to avoid overreaching.
- Test the weight, then slide the object toward you and hug it close as you descend.
- Use leveraging as much as possible.
- If possible, hand it to a co-worker before descending the ladder or stool.

ODD-SIZED LOADS

- Odd-Sized Loads...
  - Carry long, light objects such as pipes or lumber on your shoulder, with the front end higher than the rear.
  - Get a helper for long, heavy loads. Each of you should shoulder it on the same side and walk in step.
  - For large loads that block your vision, get mechanical help or ask a coworker for help, even if the load is light.

REACHING INTO A BIN (or other storage area)...

- Stand with feet at shoulder distance apart.
- Slightly bend your knees.
- Start to squat, bending your hips and knees, not your waist.
- Slide the load as close to your body as you can.
- Tighten your abdominal muscles.
- Raise yourself using your leg and hip muscles.
- If possible, brace your knees against the side of the container for additional support.
- Get help if the load is more than moderately heavy.