Back to Basics

On the job injuries due to lifting are the number one type of accident in any industry.

The Do’s and Don’ts

**TUCK**
Tighten stomach muscles and tuck pelvis to keep your back in balance.

**BEND KNEES**
Bend at your knees! This centers balance and distributes weight.

**HUG**
Hold the object lifted as close to your body as possible. Gradually straighten to a standing position.

**DON’T BEND AT WAIST**
This is the easiest way to strain your back and cause damage to your spine.

**DON’T TWIST**
Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.

**DON’T BE A HERO**
If a load is just too large, heavy or awkward to carry, don’t take unnecessary risks. Get someone to help.

SPECIAL TIPS

✿ Make sure your footing is firm when lifting and the path is clear.

✿ Use the same safe techniques above when setting your load down.

✿ Long and odd-sized objects might be better handled by supporting on your shoulder, keeping the front end higher than the rear.

✿ Use a stepstool or ladder for reaching anything above shoulder level. Test the weight before removing from a shelf.

✿ Reaching into a lower storage area requires your feet to be at shoulder level, while squatting and bending at your hips. Keep the object as close as possible while lifting.

✿ Your back is aligned correctly when your ears, shoulders and hips are in a straight line. If these three curves are not in balance, there is a greater likelihood of both back pain and injury.