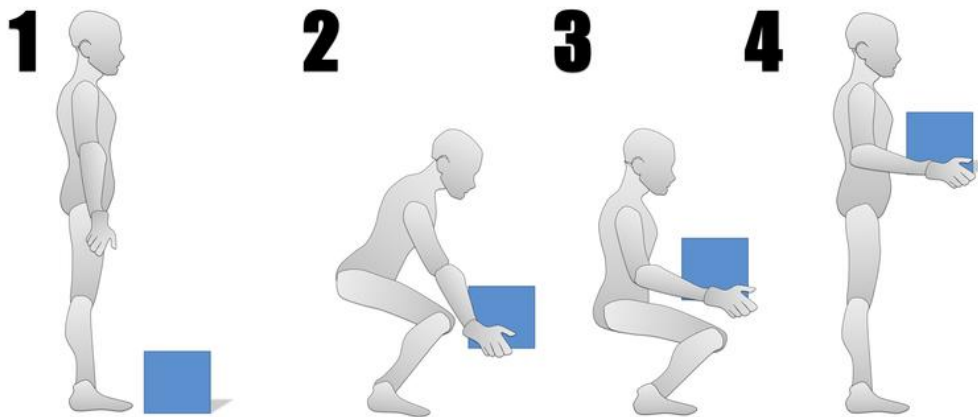




Safe Lifting

Even if your job does not require frequent lifting, it is important to know and always apply safe lifting techniques. No matter where you are and what the task, these safe lifting tips will help prevent injury.



Safe Lifting Steps and Tips

- Warm Up
- Think before you lift (test the load weight)
- Position your feet close to the load with feet apart
- Position your body so hips and knees bend instead of your back
- Position items on lower shelves to avoid over head or shoulder reaching
- Get a firm grip on the load
- Lift smoothly lifting with your legs
- Move your feet so the load is in front of you at all times
- Keep the load close to your body
- Keep the load balanced
- Bend your knees to set the load down
- Pushing the load instead of pulling

How To Lift

- 1) **Size up the load**
(use a hand truck or help if needed)
- 2) **Lift**
(bring it close, use your legs and look out)
- 3) **Move**
(keep it close and shift your feet to turn)
- 4) **Get set and lower**
(use your legs and clear your toes/fingers)

Resources

- [CDC: Ergonomic Material Handling](#)
- [OSHA: Heavy Lifting](#)
- [LNI: Lift Calculator App](#)
- [LNI: Four Steps to Proper Lifting](#)
- [UC Davis: Material Handling Ergonomics](#)
- [UC Berkeley: Preventing Back Injuries](#)

Created by R. Benson

Don't learn safety by accident