



## Safe Lifting

When lifting a heavy load, it is important to be aware of how to position your body and use your strength in the safest way possible. Serious injuries can happen when you are unaware of how to properly lift. The following tips will help you learn how to use proper lifting techniques.

### The Wrong Way

- Attempting to lift if you have any muscle or joint pain.
- Bending your waist or using any jerking or twisting motion when lifting.
- Attempting to lift more than you can handle.
- Reaching over your shoulders to lift a load.
- Looking down or lifting a load that blocks your view.



### The Right Way

- Know the weight of the object.
- Make sure your path is clear.
- If the object is too heavy, get help from another person or use ergonomic lift assists.
- Position your feet firmly at shoulder width apart, with one foot slightly in front of the other.
- Wear close-toed, non-slip shoes with low heels, and wear gloves if they are needed.
- Bend your knees and use your legs to lift.
- Pull in your stomach muscles and keep your back straight when lifting.
- Keep a firm grip on the load.

### Resources

[OSHA Heavy Lifting](#)

[Proper Lifting Techniques](#)

[Dos and Don'ts of Lifting](#)

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**Don't learn safety by accident**