

PROTECT YOURSELF

USE PROPER LIFTING TECHNIQUES

1. CHECK THE WEIGHT

Check the weight of the load before you attempt to lift. If you can't safely lift the load by yourself, ask for help!!!!!!

2. KEEP FEET PARTED

Position yourself as close to the load as possible, with one foot alongside the object to be lifted and one behind. With your feet comfortably spread you will have greater stability. The rear foot is in position for the upward thrust of the lift.



3. KEEP THE NORMAL CURVES IN YOUR BACK

As you grip the load, arch your lower back inward by pulling your shoulders back and sticking out your chest. This will help keep the spine, back muscles and organs of the body in correct alignment.



4. TUCK ELBOWS AND ARMS IN

The load should be drawn close, and the arms and elbows should be tucked into the side of the body. When the arms are held away from the body, they lose much of their strength and power. Keeping the arms tucked in also helps keep the body weight centered.



5. GRIP THE LOAD WITH THE WHOLE HAND

The palmer grip is one of the most important elements of correct lifting. The fingers and hand are extended around the load to be lifted. Use the full palm to grip the load. Fingers alone have very little power.



6. TUCK YOUR CHIN IN

Tuck in the chin so your head and neck continue the straight back line and keep the spine straight and firm.



7. KEEP YOUR BODY WEIGHT DIRECTLY OVER FEET

Position your body so its weight is centered over the feet. This provides a more powerful line of thrust and ensures better balance. Start the lift with a thrust of the rear foot. Use smooth controlled movements. Avoid rapid or jerking motions that can place increased demands on your back.



MOTIONS TO AVOID WHEN INVOLVED IN MANUAL MATERIAL HANDLING



TWISTING



REACHING



STOOPING