

The Four Steps of Safe Lifting

1. PLAN

Test weight
Clear path
Get help if needed

2. POSITION

Feet shoulder-width
Close to load
Bend knees

3. GRIP

Firm grip
Use handles
Hold close

4. LIFT

Straighten legs
Keep back straight
Don't twist

DO:

- Lift with legs
- Keep load close
- Pivot feet to turn
- Ask for help

DON'T:

- Lift with back
- Reach and lift
- Twist while lifting
- Jerk the load