

# 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