

Proper Lifting Techniques



1

FEET

Keep your feet at least shoulder width apart. Do not keep your feet together.



2

KNEES

Bend at knees only. Bend by squatting or half-kneeling. Slowly straighten your knees. If you are half-kneeling, straighten one leg at a time.

NEVER
Bend at the waist!

3

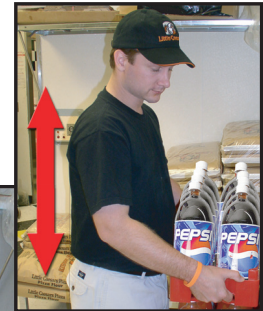
BACK

Keep your back straight (let your leg muscles do the work).

4

ELBOWS

Keep elbows tucked in. Hold load close to your body, keeping item directly over your legs.



5

HIPS

Lead with hips when changing direction. Keep shoulders parallel with hips. Use feet when turning, taking small steps.

6

UNLOAD

Set down or store your load carefully, practicing the above steps in reverse.

NEVER
Twist at the waist!

7

HELP

If necessary, always ask for help when lifting or use moving equipment that may be available at the store.

NEVER
Lift a heavy object
above shoulder level!