LIFTING DO'S & DON'TS

DO LIFT AS A TEAM

Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.

DO TURN WITH LEGS

Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

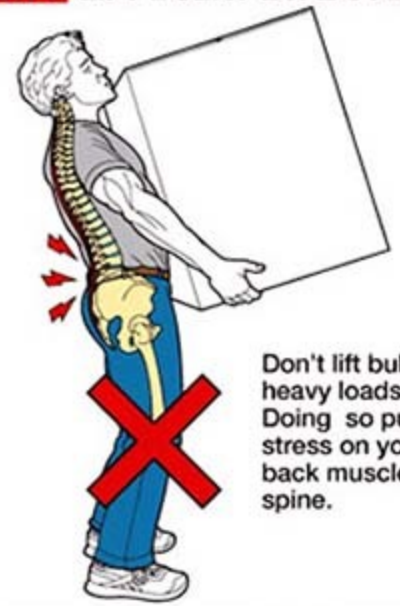
DO USE YOUR LEGS

Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.

DO USE EQUIPMENT

Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.

DON'T LIFT BULKY LOADS ALONE



Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.

DON'T TWIST WHEN LIFTING

Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.

DON'T USE YOUR BACK

Don't lift the load with your rear end high and your lead low. Use your leg muscles, not your weaker low back muscles.

DON'T LIFT HEAVY LOADS

Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.