

Proper Lifting Instructions

1. Individual about to lift is aware, thinking and preparing for the lift
2. Individual lifting is up close to the package being lifted
3. Individual lifting has his knees bent and his back straight and has lowered his center of gravity as close to the package as is possible
4. Individual lifting has grasped the under surface of the package, has his hands inside of his knees and is wearing gloves for grip and comfort. He also has the package pulled up close and against his body
5. Individual lifting is looking forward, keeping his back straight and protected and is also aware of his environment.
6. Individual lifting just raised his body with the use of his LEGS not his BACK.
7. Individual lifting has elbows slightly bent, with the package firmly braced against his body and elbows/arms close in to the sides of his body
8. Individual lifting is upright, back straight, with package pulled close in to his body.
9. Individual lifting is looking around at his environment to avoid tripping or stumbling on an unforeseen object.

REMEMBER...

Proper Prior Preparation Prevents Poor Performance.

Before lifting always STOP, LOOK, LISTEN, and THINK before you lift...

Don't Forget...

IF IT LOOKS LIKE A TWO MAN JOB, IT IS A TWO MAN JOB....GET HELP!