

# Safe Lifting

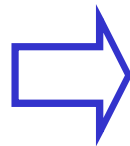
Use Your Head and Save Your Back!



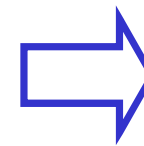
*Means  
using  
your  
head!*



•**STAND**  
close to  
the load



•**Bend**  
your  
knees -  
not  
your  
back!



•**Let**  
your  
legs do  
the  
lifting



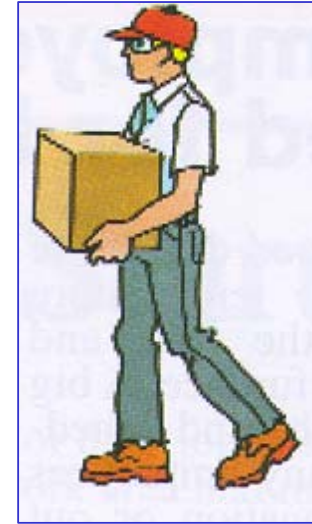
**Get Help**  
with  
heavy or  
awkward  
loads!



**Use**  
the  
right  
tools!

# Safe Lifting

## Carrying the load...



- **Hold the load close so you can see over it.**
- **Keep the load balanced.**
- **Avoid twisting the body.**
- **Watch out for pinch points -- doorways, etc.**
- **Face the way you will be moving.**
- **Ask for help if needed!!!**