

# Are you lifting correctly?

LEARN HOW TO LIFT SAFELY AND AVOID INJURY

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1



## BEND AT THE KNEES

- Standing close to the object with feet shoulder width apart
  - Bend at the knees, not at the waist
  - With back straight and chin tucked
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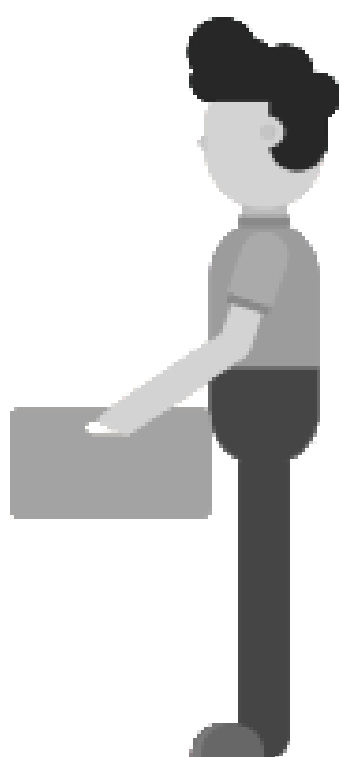
2



## LIFT WITH YOUR LEGS

- Get a good grip on the object and use gripping gloves if necessary
  - Lift the item using leg strength
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3



## KEEP THE OBJECT CLOSE

- Keep the object close to avoid strain
  - Move in the direction of feet without twisting at the waist
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Always look for other aids when lifting such as using a dolly, cart or asking for help. However, when that is not possible, remember these simple guidelines.

# Proper Lifting Technique Training Guide

Below are questions and talking guides for proper lifting.

## Assess the Load

If the load is too large to be lifted manually what should be done?

- Ask for assistance
- Use a lifting aid such as a dolly or cart

\*If the load causes strain or improper posture, find an alternative for moving it.

## Additional Equipment

What additional personal protective equipment can be worn to assist with a lift?

- Gloves with good grip
- Close toed shoes with good gripping soles

## Scenarios

- Are there certain times that we know we will be lifting and transporting objects?
- How can we plan ahead?
- Do you know where lifting aids such as dollies and carts are near your classroom?

## Conclusion

The need for lifting and moving objects will come up at some point in every job. Following these simple rules can help prevent an injury. Even if loads or objects are light, injuries can occur if improper technique is used. Be aware of any instances that require lifting and keeping good posture and form.