

# Safe Lifting

## Back strains can easily be prevented

- ◆ Get close to the objects
- ◆ Bend at your hips & knees
- ◆ Lift smoothly & slowly, keeping the object close to your body
- ◆ Keep the load between your knees & shoulders
- ◆ Pivot with your feet instead of twisting your back
- ◆ Store heavy items on middle shelves to reduce lifting
- ◆ Don't be afraid to ask for help with awkward or heavy loads
- ◆ Carry heavy objects on cart whenever possible
- ◆ Avoid twisting your back with a heavy load

