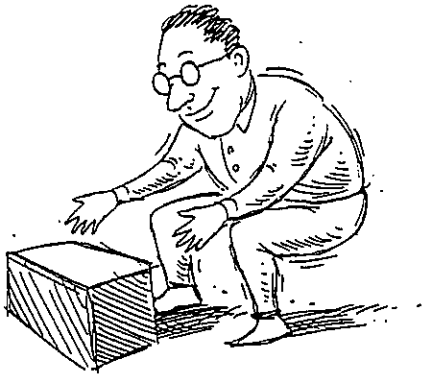
LIFTING BASICS

Techniques For Safe Lifting

Safe lifting means keeping your back aligned while you lift, maintaining your center of balance, and letting the strong muscles in your legs do the actual lifting. By using the following techniques, you can learn how to lift safely and save your back from accidental strain and injury.

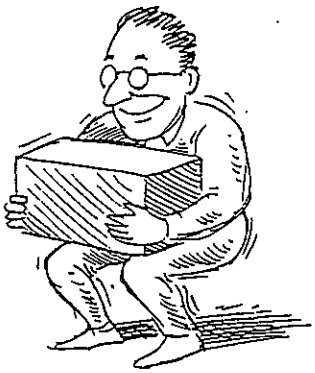
1. Bend Your Knees

Bend your knees, not your waist. This helps you keep your center of balance and lets the strong muscles in your legs do the lifting.



2. "Hug" The Load

Try to hold the object you're lifting as close to your body as possible, as you gradually straighten your legs to a standing position.



3. Avoid Twisting

Twisting can overload your spine and lead to serious injury. Make sure your feet, knees and torso are pointed in the same direction when you are lifting.

The Safe Way To Lift

Before you lift anything, think about it. Ask yourself: "Can I lift it alone?" "Do I need mechanical help?" "Is it too awkward for one person to handle?" Should I ask a co-worker for help?" If the load is manageable, follow the steps to lift it safely.

Tips To Remember

In addition to these techniques, remember to make sure that your footing is firm before you start and that your path is clear. And be sure to use the same safe techniques when you set your load down. It takes no more time to do a safe lift than it does to do an unsafe lift, so why not play it safe and lift it right?