

SAFETY BASICS

SAFE LIFTING TECHNIQUES

If you can safely handle the load, use the correct lifting technique:

- Bend at the knees.
- Get a secure grip and hug the load.
- Lift gradually, using your legs, keeping the load close to your chest.
- Keep the back and neck straight.
- Walk slowly.
- If changing direction, turn your feet. Do not twist the body.
- Set the load down carefully.

