Lifting

SAFETY CINEMA™ poster

BEFORE you lift…take a good look at yourself!

You are much more important than anything that needs to go from here to there.

Before you lift…

take good care of yourself by taking the time to do it right.

- **Start by looking at yourself** from every direction.
  - Decide how to best handle that box or equipment.
- **Know your limits.**
  - Decide if you can even lift the object safely.
- **Divide the load** into smaller, lighter loads if needed.
- **Use smaller, more manageable containers** if needed.
- **Consider the route** you are going to take…
  - How far you are going
  - What obstacles you might encounter
  - Where you are going to set it down
- **Choose the safest route.**
- **Use a cart or a hand truck** when needed.
- **Ask someone to help you** if needed.

If you do decide it is safe to lift… keep looking at yourself.

- **Stand close** to the object.
- **Squat**, bending your knees—not your back.
  - Keep your head up.
  - Keep the natural curve of your back.
- **Contract your stomach** muscles.
- **Lift using your legs**—not your back.
- **Turn by moving your feet**—not twisting your body.
- **Keep the load close** to your body—always.
- **Reverse the whole procedure** once you get to where you are going.

Everyone is different and not everyone can lift the same amount, so… if you do not feel comfortable about lifting an object, do not lift it!

Take the time to take care of yourself.

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