

Lifting:

DO...

- ✓ Know or test the object weight
- ✓ Plan the lift and clear your path
- ✓ Use ergonomic lift assists when possible
- ✓ Get help for heavy or awkward loads
- ✓ Use a wide stance for balance
- ✓ Use your legs to lift
- ✓ Keep the object close to the waist
- ✓ Pivot your feet to avoid twisting

DON'T...

- ⊘ Don't hold your breath
- ⊘ Don't bend or twist at the waist
- ⊘ Don't use a partial grip (1-2 fingers)
- ⊘ Don't obstruct your vision when carrying
- ⊘ Don't jerk or lift quickly
- ⊘ Don't pinch your fingers or toes
- ⊘ Don't pull a load if you can push it
- ⊘ Don't forget to wear proper Personal Protective Equipment
- ⊘ Don't try to be Hercules, if you can't lift without injury then DON'T!

