

SafetyToolboxTalks

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Lifting Safely - Carrying

Each day in some form or fashion you do lifting in this facility and at home. Lifting safely is one the most important things you can do to protect your back throughout your lifetime.

Lift Properly, So Your Legs Do the Work—Not Your Back

- Stand close to the load, with feet shoulder width apart and firmly on the floor.
- Bend at the hips and knees and squat close to the load; keep your back straight.
- Grip the load firmly with both hands, not just your fingers.
- Bring the load close to your body, keeping your weight centered over your feet.
- Stand slowly with your back straight and let your legs push you up.

Avoid Back Strain While Carrying

- Carry the load waist high.
- Be sure you have a good grip and can see where you're going.
- Walk slowly, taking small steps.
- Stop along the way to rest if you need it.
- Move your feet to turn direction.
- Don't twist! That's a major cause of injury.