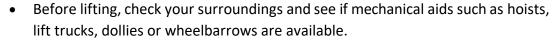


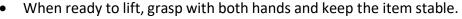
Safe lifting techniques





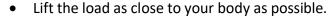


• If you are lifting manually, start by protecting your feet and hands with sturdy shoes and work gloves.





• Slide and/or pull the load toward your stomach, tightening the muscles as you get ready to lift.





 Stay centered. Hold the load between shoulder and knee height and don't overreach.



Step carefully while moving with a load. Don't twist or side bend.

 Try not to bend at your waist. If you must, bend your knees to reach or place low-level objects.



Find more safety-related information on your *Health and Safety Board*.