

Safe lifting techniques



- Before lifting, check your surroundings and see if mechanical aids such as hoists, lift trucks, dollies or wheelbarrows are available.



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



- When ready to lift, grasp with both hands and keep the item stable.



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

- Lift the load as close to your body as possible.



- 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*.