



Topic: Proper Lifting

Learning to correctly lift heavy boxes or other materials can save time and injury.

Is your lifting posture correct? There's more to it than "Lift with your legs." Remember this advice from the *National Safety Council*:

- ✚ First, calculate whether the load may be too heavy. Get help if you aren't sure you can easily lift it.
- ✚ Always stretch before lifting and carrying if you have been sitting or inactive for a time.
- ✚ Start with feet apart, one foot slightly ahead of the other for a wide base of support.
- ✚ Bend at the knees and squat down. Arch your back slightly and keep your head up in a natural way during the lift. You'll get more power from large muscles of the legs and keep the weight off your back.
- ✚ Keep objects as close as possible to your body.
- ✚ Lift smoothly. Avoid jerky movements, twisting, and side bending.
- ✚ With the load in hand, stand up straight.

