LIFTING TIPS & TECHNIQUES

LIFTING TIPS

• Check the load by pushing it with your feet or hands to get an idea of the weight.
  *If the load is too bulky or heavy, don't be embarrassed to ask one of your co-workers to give you a hand. Lifting with two people cuts the weight in half.*

• Does the content move or slide around inside?
  *Loose articles inside a package can throw you of balance.*

• How easy can you grip the load?
  *Get a tight grip on the load (or use the handles if applicable) before lifting it.*

• Is the load within reaching height?
  *Never lift loads, which are out of reach. When lifting or lowering a load overhead, use a step stool.*

LIFTING TECHNIQUE

1. Position yourself in front of the load, as much to the centre of your body as possible.

2. Place your feet apart for good balance.
3. Bend your knees.
   *Bending the knees takes pressure off your back and lets your stronger leg muscles do the work.* *(If necessary, when lifting heavier loads, place one knee on the floor and slide the load up your leg).*

4. Keep your head up.
   *Keep your head higher than your shoulders, which encourages the use of your legs, rather than starting the lift from your back.*

5. Stick out your rear-end.
   *Sticking out your rear-end extends your hips, which relieves pressure on your lumbar area.*

6. Grab the load firmly.

7. Tighten your abdominal and butt muscles.

8. Lift the load without jerking movements.

9. NEVER twist your upper back! Instead, use your feet to turn.