

# Lifting safely

*Hazards include sprains, strains, slips, trips, and falls.*

## Size up the load

- Use a mechanical aid if possible (dolly, cart, lifting device, etc.)
- Get help if you need it
- Check for splinters, nails, and exposed staples
- Make sure you have a clear path before lifting

## Lift

- Bring the object as close to you as possible
- Lift with your legs, not your back
- Keep your head up and back straight

## Move

- Keep the object close to your body
- Look where you are going
- Shift your feet; don't twist your body

## Get set and lower

- When setting down an object, let your leg muscles carry it down
- Make certain your fingers and toes are clear before setting down the object

## Do's

- Lift as a team
- Use your legs
- Turn with your legs
- Use equipment

## Don'ts

- Lift bulky loads alone
- Twist when lifting
- Use your back

**Site specific requirements:**

**Employee participants:**

**Date:**

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