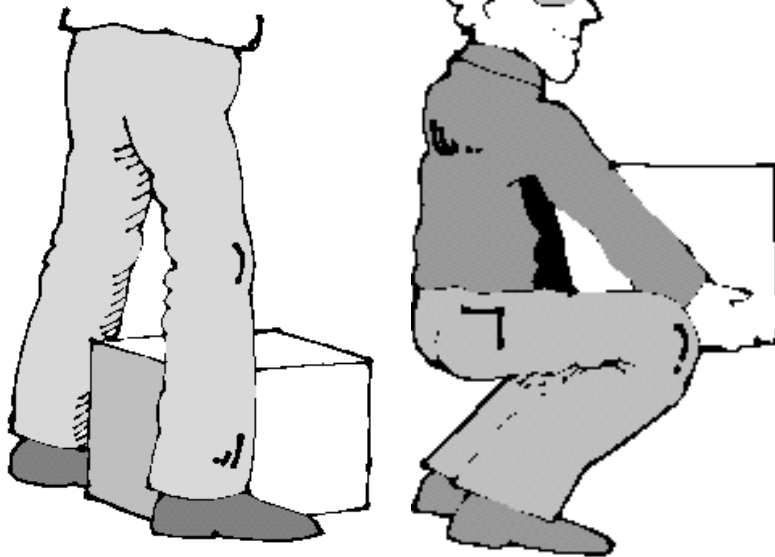


Get a Grip!

To lift and carry safely,
use your head and
save your back.



To pick it up...

Stand close to the load.

Bend your knees—not your back!

Let your legs push your body up slowly and smoothly.

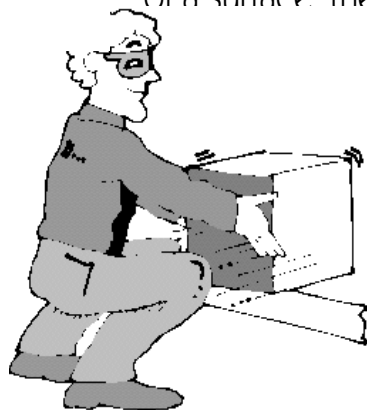
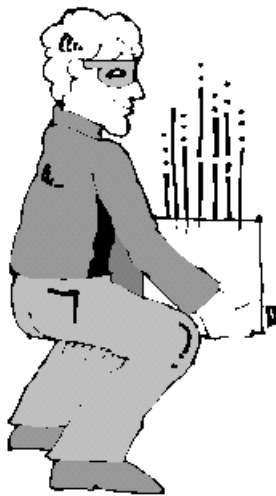


put it down...

Don't twist your body. Twisting is a major cause of injury.

Lower the load bending your knees and letting your legs, not your back, do the work.

Place the load on the edge of a surface, then slide



A two-person lift works best if...

● **Both** people are about the same height.

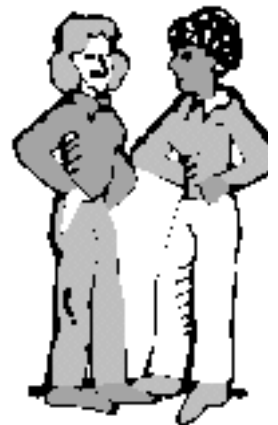
● **One** person is in charge of saying when to move where.

● **You** lift and raise at the same time.

● **You** keep the load at the same level while carrying it.

● **You** move smoothly together.

● **You** unload at the same time.



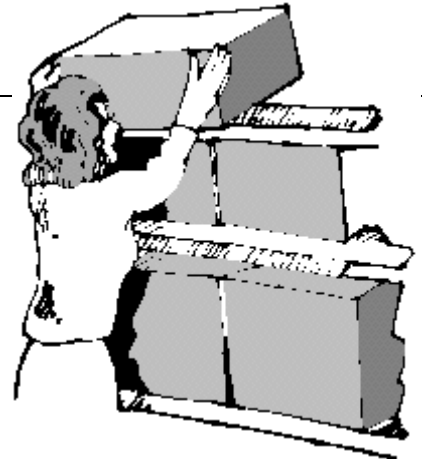
For Those Awkward Moments . . .



Here are a few more lifting techniques.

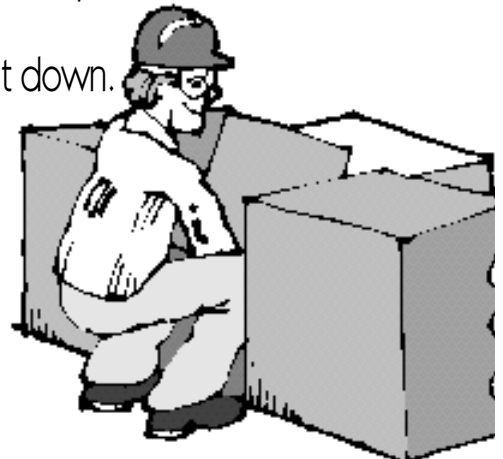
Try to avoid lifting or lowering from a high place, but if you must do it...

- **Stand** on a platform instead of a ladder.
- **Lift** the load in smaller pieces if possible.
- **Push** up on the load to see how heavy and stable it is.
- **Slide** the load as close to yourself as possible before lifting.
- **Grip** firmly and slide it down.
- **Get** help when you need it to avoid injury.



Lifting from hard-to-get-at places...

- **Get** as close to the load as possible.
- **Keep** back straight, stomach muscles tight.
- **Push** buttocks out behind you.
- **Bend** your knees.
- **Use** leg, stomach, and buttock muscles to lift—not your back.



Drums, barrels, and cylinders present special problems.

If too heavy to be comfortably lifted, get help or use a special mechanical device.

Caution: these loads can shift suddenly.

Awkward Objects...

- **Bend** your knees with feet spread.
- **Grip** the top outside and bottom inside corners.
- **Use** your legs to lift, keeping back straight.

