

handout

Lifting | *Lift and Carry Safely*

**To lift and carry safely,
use your legs, not your back.**



To pick up a load:

- Stand close to the load
- Bend your knees—maintain your back's natural curves
- Grip the load firmly
- Push your body up slowly and smoothly with your legs
- Don't twist your body



To put it down:

- Don't twist your body
- Bend your knees to lower the load
- Place the load on the edge of a surface, then slide it back.

To use a two-person lift:

- Lifters should be about the same height, if possible
- Put one person in charge of saying when and where to move
- Lift and raise at the same time
- Keep the load level
- Unload at the same time



**Which would you rather
do—ask for help or face
a lifetime of back pain?**