

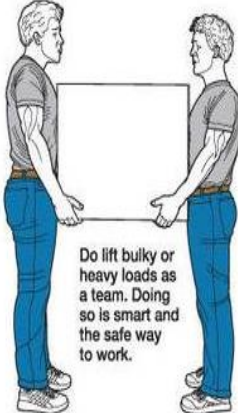
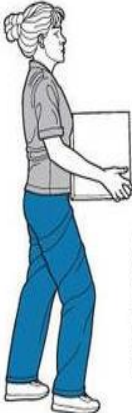




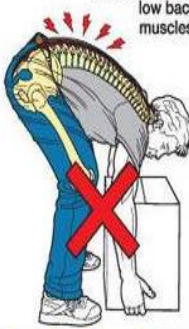

Proper Lifting Techniques

Educate your staff on proper lifting techniques:

- Bend at the knees when reaching down for an object
- Lift with the legs; do not lift by straightening your back
- Avoid twisting your body while carrying the load
- Keep the load in the safest zone centered close to your torso
- Always get help or use a cart or dolly if the load is too much for one person

Reorganize your shelf storage so the heaviest items to move are in the safe lifting zone (the area from your shoulders to your waist) at mid-height, the lightest things are at the top, and the least-used things are at the bottom. Purchase utility carts and direct the staff to transfer rather than lift the boxes onto the carts so they do not have to lift and/or walk with a heavy load. Change the nature of the work and the work environment so your people have to lift as little as possible.

LIFTING DO'S & DON'TS

<p>DO LIFT AS A TEAM</p>  <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p>DO TURN WITH LEGS</p>  <p>Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.</p>	<p>DO USE YOUR LEGS</p>  <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p>	<p>DO USE EQUIPMENT</p>  <p>Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p>
<p>DON'T LIFT BULKY LOADS ALONE</p>  <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p>	<p>DON'T TWIST WHEN LIFTING</p>  <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p>	<p>DON'T USE YOUR BACK</p>  <p>Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.</p>	<p>DON'T LIFT HEAVY LOADS</p>  <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p>