

Walk the

SAFETY

Talk

[Lifting]



Are you
LIFTING
properly?

1. Place your feet apart for good balance. Face the object you are lifting.
2. Bend your knees.
3. Hold the object as close to your body as possible.

4. Lift smoothly and slowly.
5. Pivot with your feet — don't twist your back.
6. Push a load, rather than pulling it.
7. Share the load with a partner.

Think before you lift.

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