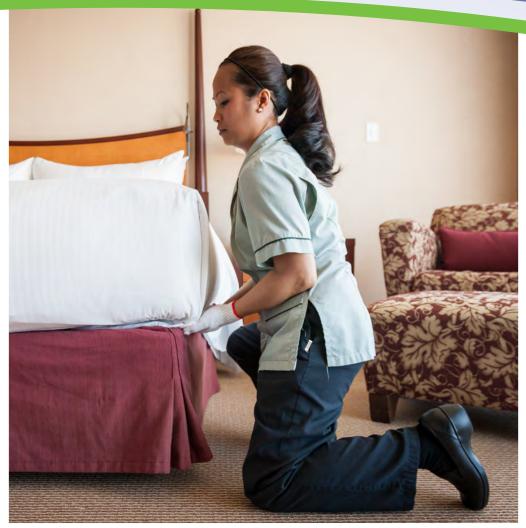
## Walk the 5 Talk [Lifting]





- 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.



## Are you LIFTING properly?

- 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.

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Think before you lift.