

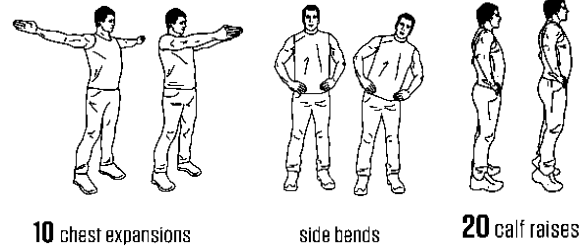
**BEFORE YOU LIFT... PLAN AHEAD!**

- Know what you are lifting and where it is going.
- Consider the weight, size, and shape of the object (load).
- Consider the distance to the destination.
- Determine whether it is safe to lift the object on your own.



**STRETCH**

- Warm up your body before performing a lifting/physical task to improve performance and reduce risk of injury.
- Stretch your back and legs.



**CHECK YOUR PATH**

- Ensure the pathway is clear.
- Remove any trip hazards and debris.
- Check for any wet or slick surfaces.



**USE ASSISTANCE**

When objects/loads are awkward in shape/size or too heavy,

- Use lift assists, dolly, forklift, or hand trucks.
  - Make sure you are properly trained to use equipment.
- Ask for help. Use a two-person lift method.
  - Ensure you lift at the same time and keep the load level.



**LIFT... Use a proper lifting technique.**



**REMINDER:**

- Work within your power zone.
- Do not pull the load; push it if you can.
- Wear Proper PPE.

1. Get close to the object/load.
2. Stand with feet apart. Ensure your balance and position are stable.
3. Keep back straight and bend at the knees.
4. Ensure the weight is within your limits and you can maintain a firm grip.
5. Tighten abdominal muscles and lift with your legs and a straight back.
6. Lift slowly in a smooth motion. Exhale as you lift.
7. Keep the object/load close to your body.

**DO NOT** twist (*pivot your feet*); hold your breath; use a partial grip; obstruct your vision; jerk or lift quickly.

**In the interest of your safety, it is important to check with your physician before beginning any exercise program and to exercise according to your fitness level and capabilities.**