

Prevent Back and Other Lifting Injuries

Don't perform manual lifting if your task can be completed with hoists, forklifts or other mechanical equipment.

If you must lift manually, get help from other employees, if possible.

Tips for proper manual lifting:

- Check the route to make sure it's free of obstructions, water and other trip-and-fall hazards.
- Check the weight of the item.
- Place your feet close to the object, bend your knees and get a firm hand hold. Lift smoothly, primarily using your leg muscles.
- Lift straight up, keeping the load close to your body, without twisting or turning.
- Turn your body by changing foot position as you start walking, rather than twisting.
- Set down the load slowly, bending your knees. Do not let go until you've lowered it securely onto the floor.
- Transport carts by pushing-not pulling.

Zenith provides workplace safety resources at: TheZenith.com[®]