

## Tips for Proper Lifting

1. Size up the load. If it looks too heavy, use lifting equipment or ask for help.
2. Check the route to make sure it's free of obstructions, water and other trip-and-fall hazards.
3. Place your feet close to the object, bend your knees and get a firm hand hold. Lift smoothly, primarily using your leg muscles.
4. Lift straight up, keeping the load close to your body without twisting or turning.
5. Turn your body by changing foot position as you start walking, rather than twisting.
6. Set down the load slowly, bending your knees. Do not let go until you've lowered it securely onto the floor.
7. Transport carts and wheel racks by pushing—not pulling.

Zenith provides workplace safety resources at: **TheZenith.com**<sup>®</sup>