

Back Safety – Safe Lifting Procedures

Practice Makes Perfect!

Size Up The Load – Do You Need Help?

Stand Close To The Load

Bend Your Knees & Squat Down

Tighten Stomach Muscles

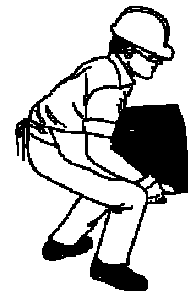
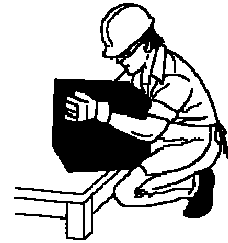
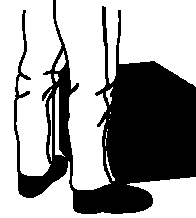
Grasp The Load Firmly

Lift With Your Legs, NOT YOUR BACK!

Hold The Load Close To Your Body

Avoid Twisting, Reaching & Bending !

Reverse The Process To Put The Load Down



Back injuries are very painful and can cause a huge disruption at work and in your life off the job. Lifting safely is one very important way to keep your back healthy!