General Safety

Lifting Techniques

Prevent injuries with proper lifting.

▶ Keep your feet shoulder width apart.

▶ Do not twist or lift with your back.

▶ Use gloves that help your hands grip the load.

▶ Identify trip and slip hazards before lifting.

▶ Break down the load into manageable sizes.

▶ Team lift heavy loads.

▶ Use equipment to move objects.

For more information:

www.worksafecenter.com   1.888.499.SAFE (7233)

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