

## Lift smarter

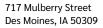
## Tips for lifting safely

- **Plan ahead**: Assess the load and decide if you need assistance; clear your path to avoid obstacles
- Find a stable stance: Stand with your feet shoulder-width apart and either approach the load from the corner or straddle it for better support
- Keep your head up: Looking straight ahead helps maintain proper posture and protects your back
- Use your legs and hips: Bend at the knees, grip the load, and lift using your legs and hips—not your back
- Keep the load close: Holding the load close to your body reduces strain on your back
- Avoid twisting: Move your feet to change direction and always keep the load in front of you

## Additional safety tips

- Store heavy items at waist height to reduce strain on your back
- Use carts, dollies, or other tools to help with lifting and moving materials
- Wear gloves with rubberized palms to improve grip and control
- For loads over 50 pounds, look for ways to reduce the weight, work with a partner to lift it, or use mechanical aids





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