

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

