Basic Lifting Practices

Before lifting stand close to the load and get a firm grip.

Always maintain the load close to your body.



Maintain your back in a straight position when lifting and lower loads.



Use YOUR LEGS to smoothly and slowly lift and lower loads.

Never carry a load that obstructs your view.

NEVER twist your body. Move your feet first to change direction.



Avoid lift over your head or an obstacle when moving an object.



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