LIFT SAFELY

How to lift safely

Think first. Then lift smoothly.

1



Plan it

Where is it going? Is the route clear? Do you need help?

2



Stand stable

Feet apart, one foot slightly forward.

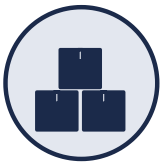
3



Get a firm grip

Hold the load securely before you lift.

4



Keep it close

Hold the load near your body.

5



Good posture

Bend your hips and knees a little. Keep your head up.

6



Move smoothly

No jerking. Do not twist - turn with your feet.

7



Put it down

Set it down first, then adjust its position.

8



Stop if it is too much

Ask for help or use equipment.

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