

It can hurt if you...



turn when lifting a heavy object



reach too high or too low



lift things that are too heavy

To be safe you can...

always move your feet and turn your whole body when you move in a new direction – don't twist at your waist.



put objects where you can reach them easily.

stand on a sturdy step stool when you have to put things on a shelf that is above your shoulders.

bend your knees and squat to reach low places – do not bend your back.

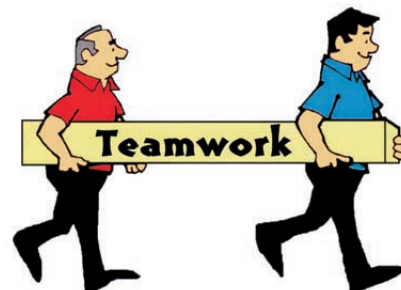


stop and ask for help if you aren't sure you can lift something.

break a big load up into smaller pieces and make more trips.

put things on a cart or trolley instead of carrying them.

get someone to help you.



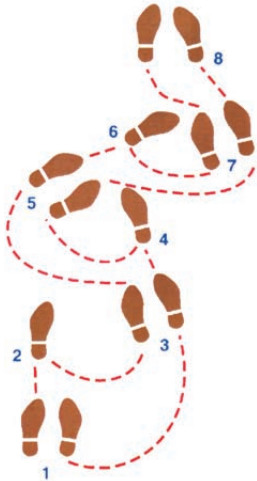
It can hurt if you...



hold things too far from your body when lifting them

To be safe you can...

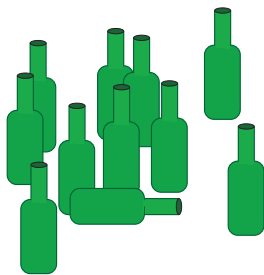
bring things close to you before you lift them.



carry objects too far

stop and rest for a moment when you get tired.

use carts to carry items.



lift too many small objects at the same time

put many smaller things in boxes that are easy to lift.

use carts to carry items.

