

# Safe Lifting Technique

## 8 Safety Tips When Lifting Heavy Objects

- 1) Stand close to the load and center yourself over it with your feet shoulder width apart.
- 2) Engage your abdominal muscles.
- 3) Keep your back straight, bend your knees and squat down towards the floor .
- 4) Get a good grasp on the load with both hands.
- 5) Keep the load close to your body use your leg muscles to stand up lifting the load off the floor.
- 6) Your back should remain straight throughout lifting, using only the muscles in the legs to lift the load.
- 7) Do not twist your body when moving the load. Instead take small steps with your feet turning until you are in the correct position.
- 8) Again bend at the knees using only your leg muscles and place the load in the appropriate spot.