



# Safe Lifting

Check to see if a mechanical aid is available, such as a hoist, forklift, or dolly.

**STEP 1**



**STEP 2**

Be prepared: wear steel-toed boots and work gloves; test the load for stability; get help from a colleague.

Grasp the item with both hands, keeping it stable.

**STEP 3**



**STEP 4**

Slide the load towards your stomach. Lift the item as close to your body as possible.

Stay centered. Hold the load between shoulder and knee height and don't overreach.

**STEP 5**



**STEP 6**

Step or pivot when moving the load; don't twist or side bend. And use your knees if bending is required.