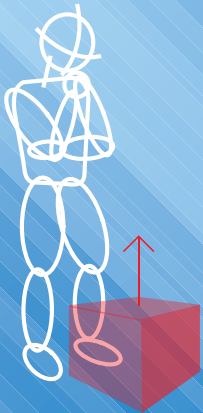


# CORRECT LIFTING TECHNIQUES

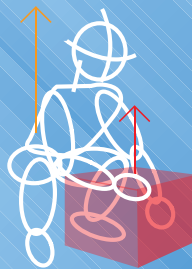
Courtesy of **Advance OHS**

Save your back by following these simple rules.



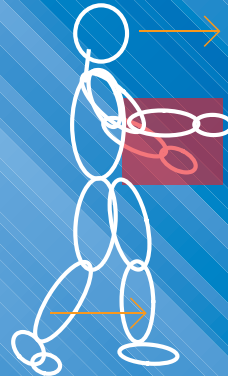
## Preparing to lift

Assess the situation > Size up the load > Develop a plan > Know your limits > Take care



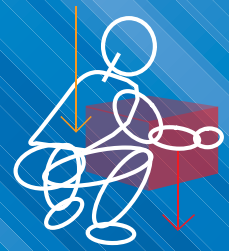
## Lifting the load

Feet apart > Bend the knees > Straight back > Brace stomach muscles > Firm Grip > Lift with legs



## Carrying the load

Hug the load > Look ahead > Maintain good posture > Move smoothly > turn by moving feet



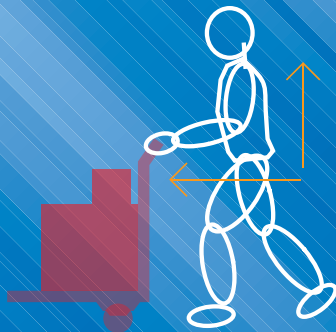
## Putting down the load

Feet apart > Straight back > Brace stomach muscles > Bend the knees > Squat down slowly > Put down gently



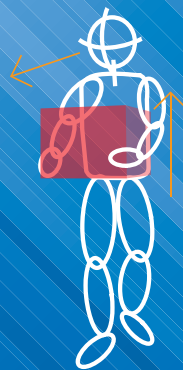
## Bending

Brace stomach muscles > Straight back > Squat down slowly > Keep head up and shoulders back > Kneel to reach lower levels



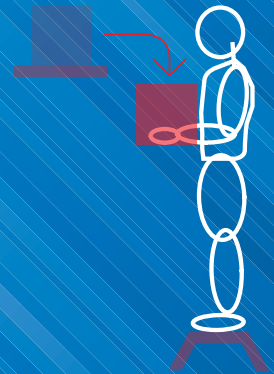
## Pushing

Clear pathway > Keep upright posture > Brace stomach muscles > Elbows close to body > Push with even force



## Turning

Watch where you are walking > Turn with your feet; not with your back > Turn using you inside foot first > Keep upright posture



## Reaching

Raise yourself to level of object > Access load weight > Firm grip > Brace stomach muscles > Bring object to your body

*Back NOW!!!...*

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