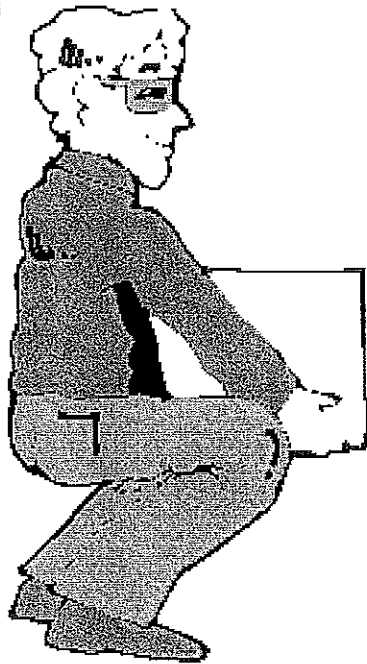
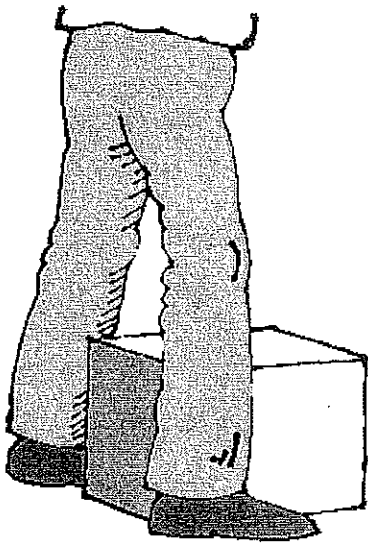
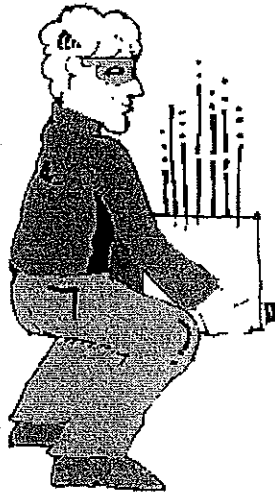


# Get a Grip!

To lift and carry safely,  
use your head and  
save your back.



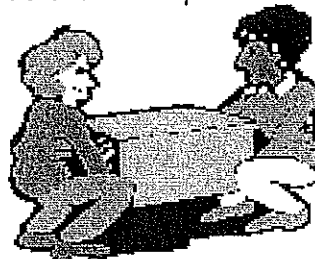
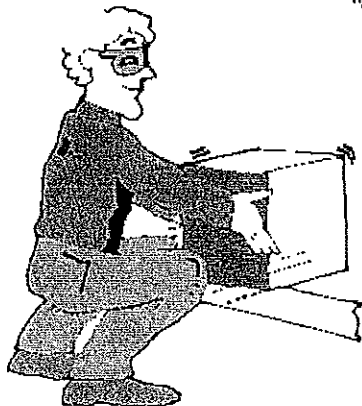
To pick it up...  
**Stand** close to the load.  
**Bend** your knees—not your back!  
**Let** your legs push your body up slowly and smoothly.



To put it down...  
**Don't** twist your body. Twisting is a major cause of injury.

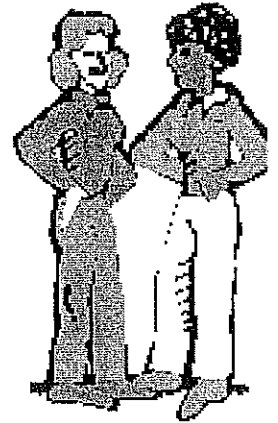
**Lower** the load bending your knees and letting your legs, not your back, do the work.

**Place** the load on the edge of a surface then slide



A two-person lift works best if...

- **Both** people are about the same height.
- **One** person is in charge of saying when to move where.



● **You** lift and raise at the same time.

● **You** keep the load at the same level while carrying it.

● **You** move smoothly together.

● **You** unload at the same time.

## How To Lift Properly

The following principles are provided to promote proper lifting techniques:

- **Size up the load.**
- **Test it to see if you can lift it safely.** Can you grasp it securely? Place hands on opposite corners for balance. Make sure you have a good handhold on the load.
- **Get help** when the load is too heavy or awkward to lift alone
- **Break the load down** into smaller components, if possible, to provide a comfortable lift.
- **Do not overexert!**
- **Make sure your footing is secure.** Do not lift objects that obscure vision or footing.
- **Do not twist while lifting.** Turn your feet in the direction of travel when moving the load in another direction.
- **Do not lift while in an awkward position.** Avoid long forward reaches to lift over an obstruction.
- **Lift smoothly and slowly.** Do not jerk the load. Lift the load in a smooth and controlled manner.
- **Organize the work so as to avoid lifting from the floor or above shoulder level,** especially with very heavy items. Items to be handled should be between knee and shoulder height.
- **Position the load properly.** Keep the load as close to the body as possible. If the load is large and cannot be placed between the knees as they are bent, bend at the hips and waist with the knees relaxed. It is more important to keep the load close than it is to bend the knees. The best solution to lifting a larger load (aside from having mechanical assistance) is to get another person to help you.
- **Mechanical devices.** If the lifts must be done many times, use mechanical devices, such as a PIT, hoist, hand truck or adjustable table, to avoid over-fatigue. Use of repetitive squat lifts is very fatiguing. Rest between lifts when you cannot use a mechanical device to assist you.
- **Alternate tasks.** Alternate lifting tasks with lighter tasks.
- **Lowering or placing the load.** Use the same principles when lowering or placing the load after lifting.
- **Avoid bending backwards** to loft or place items above your shoulder. **Use a step stool or platform to elevate the body,** keeping the load between the knee and shoulder to place an item on a high surface.
- **Longer distances.** Avoid carrying the load more than 10 feet without getting mechanical assistance, such as a dolly or cart.