

LIFTING

- Before lifting, check the load for splinters, jagged edges, burrs, rough or slippery surfaces, and protruding nails.
- Wear appropriate protective clothing (gloves, safety shoes, etc.).
- Ask for help when a load cannot be handled safely by one person because of excessive weight, bulkiness, or awkward shape of the load.
- Check your route of travel for any slip, trip or fall hazards before you lift.
- When lifting as a group, one person should communicate commands to the others. Indicate any changes in elevation, cornering or rotating. Always give adequate warnings before setting your portion of the load down.
- **Recommended Lifting Procedures:**
 - Stand close to the load with your feet spread shoulder width apart.
 - Squat down, bending at the hips and knees, while keeping your back straight.
 - Grip the load firmly, tighten your abdomen, and use your legs to lift the object.
 - Lift in one continuous motion while keeping your back straight.
 - Remember to breathe normally while you lift. Steady breathing prevents you from becoming fatigued.
 - Keep the load close to your body. The closer the load is to your body, the less pressure it exerts on your back.
 - Change directions by moving your feet. Never twist your body.
 - When you set the load down, bend only at the hips and knees while keeping your lower back straight.
 - If retrieving a load from above your shoulder level, do not reach over your head. Elevate yourself to the load with a ladder. Get help if you need it.