

# PROPER LIFTING

## Toolbox Talk



### COMMON MISTAKES

- Twisting while lifting
- Lifting with a rounded back
- Jerking the load
- Carrying items that block your view



### PROPER BODY MECHANICS

- Feet should-width apart for stability
- Bend at your knees, not your waist
- Keep your back straight
- Tighten your core muscles before lifting
- Lift with your legs, not your back

### PURPOSE

- To prevent injuries caused by improper lifting techniques, especially strains and sprains to the back, should, and knees.

### ASSESS BEFORE YOU LIFT

- Check the weight of the object
- Determine if you need help or mechanical assistance
- Clear your path of obstacles

### SET IT DOWN SAFELY

- Bend your knees and keep your back straight
- Lower the load slowly and carefully

### HOLD THE LOAD CLOSE

- Keep the object close to your body at waist level
- Avoid twisting your torso while carrying - pivot with your feet

### KNOW YOUR LIMITS

- If the load is too heavy or awkward, ask for help
- Use tools like dollies, carts, or forklifts when appropriate

**REMEMBER: YOUR HEALTH IS YOUR RESPONSIBILITY.  
TAKE THE TIME TO LIFT PROPERLY - YOUR BACK WILL THANK YOU!**