LIFTING

Before Lifting

1. Size up the load. Look for slivers, jagged edges, burrs, rough or slippery surfaces, and protruding nails. Decide what protective clothing you need to wear (safety shoes, leather gloves, etc.).
2. Get help if you can't comfortably lift the load alone.
3. Make sure there is a clear path in which to carry the load. Look for any slipping or tripping hazards.

When Lifting

4. Stand close to the load with feet wide apart.
5. Squat down, bending at the hips and knees.
6. As you grip the load, maintain the natural inward curve of your lower back (do not over-arch or round it) and keep your shoulders back.
7. Keep the load close to your body while you lift. The closer the load is to your body, the less pressure it exerts on your back.
8. Pivot your feet to guide your body around. Never twist!
9. When you set the load down, squat down, bending at the hips and knees, keeping your lower back arched inward.
10. Use mechanical aids (hand trucks, carts, hoists) or a team lift for heavy, bulky or awkward loads.
11. Report any strain, pain or discomfort from lifting to your supervisor so it can be evaluated under the Injury and Illness Prevention Program and Title 8, section 5110 (Repetitive Motion).