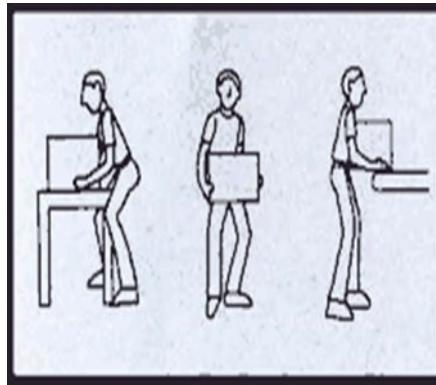
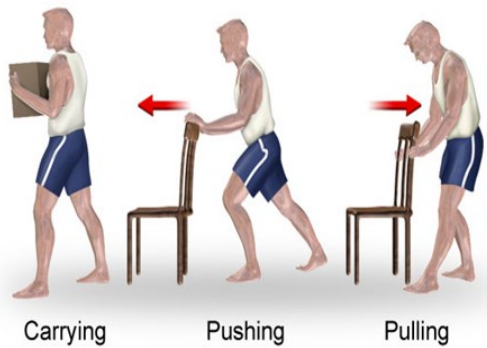


General Lifting Review



LIFTING:

Position yourself close to the object and stand with your feet apart.
Bend your knees to get to floor. Do not bend at waist. Place one knee on the floor for more stability if you need it. Tighten your stomach muscles to help support your movements.
Test the weight of the object before lifting. If it is too heavy, get help.

Use 2 hands when lifting and keep object close to the body. Avoid jerky movements.
Lift by straightening your knees. Let your legs do the work. Not your back. Keep stomach tight.
Do not twist. Pivot your feet instead. Your shoulders to your hips should move as one solid unit.
When lifting overhead use a step stool to keep the weight closer to your body and decrease shoulder strain.

CARRYING:

Hold objects with 2 hands at waist level if possible. Keep objects close to your body.
If carrying an item with one hand, such as a briefcase, switch it occasionally from one hand to the other.
Keep the loads small. Do not try to lift and carry many objects at once. Use a cart when possible.

PUSH/PULL:

Push rather than pull when you have a choice. It is less strain. Stay close to the object.
For pushing, place one leg behind the other, bend knees and hips, and incline body toward the object.
When pulling, place one foot behind the other, bend knees and hips. Only pull for short distances.