TDI | Safety @ Work
Division of Workers' Compensation

# PROPER LIFTING TECHNIQUES

**Lift safely to help prevent back strains and other workplace injuries.**

## 1 SIZE UP THE LOAD

Test the weight first. If it is too heavy or awkward, get help or use a cart, dolly, forklift, or other lifting aid.



## 2 STAND CLOSE

Keep the load close to your body and place your feet shoulder-width apart.



## 3 BEND YOUR HIPS AND KNEES

Squat down instead of bending at the waist.



## 4 KEEP YOUR BACK STRAIGHT

Tighten your core, lift with your legs, and raise the load smoothly.



## 5 AVOID TWISTING

Turn with your feet. Do not twist your back while lifting or carrying.



## 6 SET IT DOWN SAFELY

Lower the load by bending your knees and hips, keeping the load close.



## CORRECT



- Back straight
- Load close to body
- Lift with your legs

## INCORRECT



- Bending at the waist
- Back rounded
- Load away from body

## REMEMBER

- Keep your head up.
- Do not jerk the load.
- Ask for help with bulky items.
- Use team lifts or mechanical aids when needed.

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