

PLEASE POST

Safety tips for lifting

SAFETY IS ALWAYS #1



What are some important stages for safe lifting?

- Think before you lift - Identify the object, plan ahead. Where do you need to take the load?

- Posture - Keep the load close to your waist.



- Lifting - Adopt a good stable position, bend your hips and knees, get a good hold on the load, do not bend or twist your back.
- Look ahead - Walk with the load. Keep the load close to your body.
- Know your limits – Can I do this? Can I do this alone or do I need help?
- Lower your load – Once the load is down, then you can slide or adjust it to a closer location.

It is important to lift heavy objects in a safe manner. Otherwise, you could be putting your back, shoulders, knees and other joints at risk of injury. Using safe posture and techniques while lifting will minimize the stress the load puts on your spine and other joints

No matter where you are, in the workplace, at home, or out and about, be safe about what you lift. If someone offers to help...let them!



Officer's signature: _____

