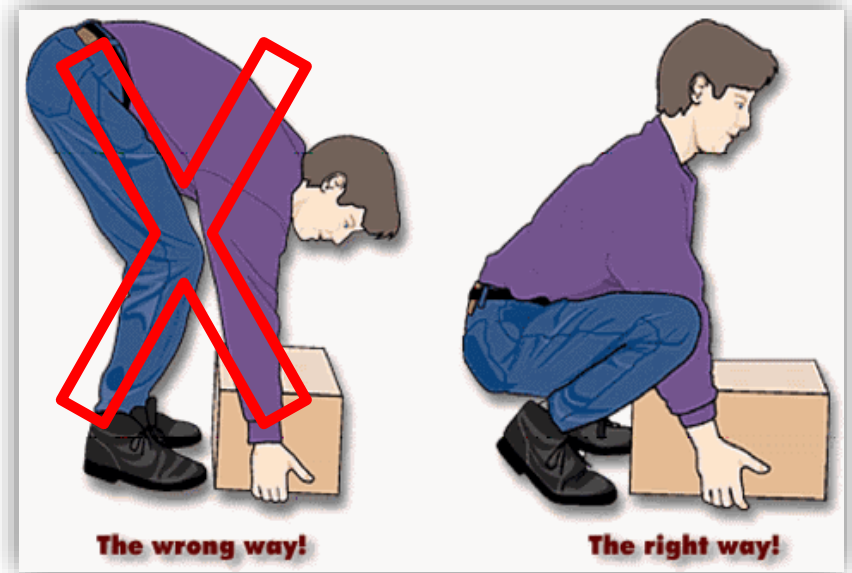


Proper Lifting Techniques

Whether at work or home, lifting objects correctly every time will help you stay safe.

Proper Lifting Techniques

- Keep a wide base of support
- Feet shoulder width apart with one foot slightly ahead of the other
- Squat down, bending at the hips and knees.
- **Do NOT** bend at the waist.
- If needed, put 1 knee on the floor and your other knee in front of you, bent at a 90° angle.



Proper Lifting Techniques

- Maintain good posture: Back straight, chest out, shoulders back.
- Lift slowly by straightening your hips & knees.
- Keep your back straight, don't twist as you lift.
- Keep weight as close to your body as possible.
- Hold the weight at the level of your belly button.



Click on the button below to take the quiz for this session.

QUIZ