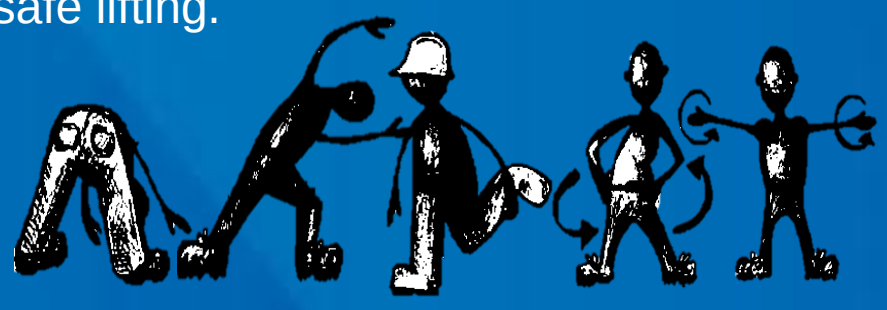
BACK SAFETY

Safe Lifting Rules

STEP 1: STRETCH

Stretching your muscles is essential for safe lifting.

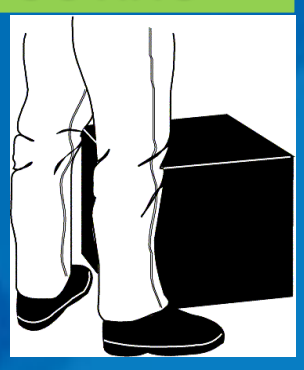


STEP 2: PLAN THE LIFT

1. Test the weight of the load.
2. Plan your route.
   - Ensure pathway is clear of hazards.

STEP 3: ESTABLISH GOOD FOOTING

1. Stand close to the load with feet spread shoulder width apart.
2. Place one foot slightly in front of the other for balance.



STEP 4: BEND AT THE KNEES

1. Squat down, bending at the knees.
2. Tuck your chin while keeping your back straight.

STEP 5: GET A FIRM GRIP

1. Get a firm grasp of the object before beginning the lift.
2. Use your palms.

STEP 6: CONDUCT THE LIFT

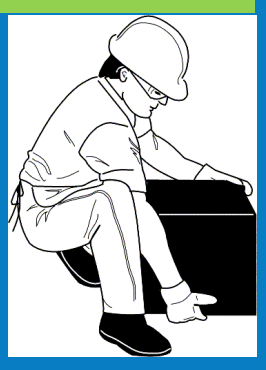
1. Keep your back straight and your head up.
2. Slowly, let your legs do the lifting.

STEP 7: KEEP THE LOAD CLOSE

1. Balance the load between both hands.
2. Turn your whole body as a unit – DO **NOT** TWIST.

STEP 8: LOWER SLOWLY

1. Keep the load close to your body.
2. Keep your back straight.
3. Slowly lower the load onto the destination surface.



If the object is too heavy for you to lift alone, use a mechanical aid if possible or ask for help!