

# **EIGHT STEPS TO LIFTING CORRECTLY:**

## **1. Plan Your Lift**

- Ask Yourself: “Can I lift this alone?”
- Look for obstacles
- Choose a clear route
- Is the load too awkward or too heavy?
- How much does the item weigh?

## **2. Ask For Help**

- If the load is too heavy or awkward to handle alone, get assistance.

## **3. Get a Firm Footing**

- Position your feet approximately shoulder wide for a stable base
- Wear nonslip footwear
- Point toes out

## **4. Bend Your Knees**

- Don't bend at the waist

## **5. Tighten Your Stomach Muscles**

- Abdominal muscles help support your spine when you lift.

## **6. Lift With Your Legs**

- Let your powerful leg muscles do most of the work, not your back.

## **7. Keep the Load Close**

- Don't hold the load away from your body.
- The closer the load is to your spine the less force it exerts on your back.

## **8. Avoid Twisting and Turning Your Back.**

- To turn, shift the position of your feet.