

Our bodies do talk to us - we just have to listen!

Two thirds of back injuries occur within 18" of the floor – so raise the load up before lifting



Stack pallets to create a higher work surface



Use electric or pneumatic scissors lift



Use powered stackers



Team lifting is good
Talk while lifting –
No surprises

Work within your waist area power zone. Tilt containers.



Other hints and advice:

- Avoid reaching more than 15"
- Avoid all side-to-side twisting
- Convert carry to push or push/pull
- When lifting keep your head up, shoulders back and stomach muscles tight
- If a cart, lift or any other device is available – USE IT!
- Always look for the better way to lift whether at home or work



How to pick-up bags of material properly:



Lean the sack onto your kneeling leg.

Slide the sack up onto your kneeling leg.

Slide the sack onto the other leg.

As you stand up keep the sack close to your body.

Only you can protect your back!